

KABOB KOOBIDEH | GRILLED MINCED MEAT KABOB

Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/ground-beef-kabob-recipe-persian>

Ingredients:

- 1 1/2 pounds ground beef 80-85% lean
- 1 pound ground lamb 80-85% lean
- 1 1/2 yellow onions medium, quartered
- 3 garlic cloves peeled and minced
- 1 egg
- 1 teaspoon salt
- 1 teaspoon sumac An spice sold at the Middle Eastern markets
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon turmeric powder
- 1/4 cup butter melted, for brushing over the kabobs after grilling
- 4 Roma tomatoes ripe but firm
- 1 green bell pepper large, stem removed, deseeded and quartered
- olive oil
- vegetables

Nutrition:

1. Calories: 900 calories
2. Carbohydrate: 11 grams
3. Cholesterol: 280 milligrams
4. Fat: 70 grams
5. Fiber: 3 grams
6. Protein: 55 grams
7. SaturatedFat: 30 grams
8. Sodium: 880 milligrams

9. Sugar: 4 grams
 10. TransFat: 1.5 grams
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