

Beef Knish Filling

Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/russian-meat-knish-recipe>

Ingredients:

- 1 pound lean ground beef
- 1 sweet onion
- 1 tablespoon olive oil or schmaltz, rendered chicken fat
- fresh parsley
- salt
- pepper

Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 8 grams
3. Cholesterol: 70 milligrams
4. Fat: 9 grams
5. Fiber: 2 grams
6. Protein: 25 grams
7. SaturatedFat: 3 grams
8. Sodium: 280 milligrams
9. Sugar: 4 grams

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