

# Kotlety (Russian Meat Patties)

Yield: 6 min  
Total Time: 60 min

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

## Ingredients:

- 1 pound ground beef grass-fed
- 1 pound ground pork we usually grind our own, but if you can find local organic that's great
- 2 slices whole wheat sandwich bread
- 1/3 cup milk or water, I prefer milk, but water is fine too
- 1 teaspoon sea salt
- 3/4 teaspoon ground black pepper
- 1 1/2 teaspoons paprika
- 1 1/2 teaspoons granulated garlic
- 1/2 white onion or large yellow, or 1 small one, grated
- 2 eggs
- olive oil to grease pan

## Nutrition:

1. Calories: 450 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 180 milligrams
4. Fat: 33 grams
5. Fiber: 1 grams
6. Protein: 31 grams
7. SaturatedFat: 12 grams
8. Sodium: 560 milligrams
9. Sugar: 2 grams
10. TransFat: 1 grams

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