

Turkish Food

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/turkish-food-with-recipe>

Ingredients:

- 1/2 pound ground beef
- 1 onion
- 1/2 teaspoon salt
- 1/2 teaspoon paprika
- 1/2 teaspoon ground black pepper
- 1 tablespoon tomato paste
- 3 garlic cloves
- 3 cups gluten free shell pasta
- 1 tablespoon butter
- 3 tablespoons olive oil
- salt
- 2 cups plain yogurt
- 2 garlic cloves
- 1 tablespoon butter
- 1 teaspoon dried mint

Nutrition:

1. Calories: 830 calories
2. Carbohydrate: 29 grams
3. Cholesterol: 70 milligrams
4. Fat: 31 grams
5. Fiber: 2 grams
6. Protein: 111 grams
7. SaturatedFat: 11 grams
8. Sodium: 700 milligrams
9. Sugar: 8 grams
10. TransFat: 0.5 grams

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