

# Mother-In-Law's Turkish Kofte

Yield: 4 min  
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/authentic-turkish-kofte-recipe>

## Ingredients:

- 3/4 cup white bread cubed, stale firm, without the crust
- 1 1/4 pounds ground lamb lean, or beef
- 1 onion small, grated
- 1/4 teaspoon ground cumin
- salt
- 1/4 teaspoon freshly ground black pepper
- 1 egg well beaten
- 2 teaspoons olive oil
- 2 medium tomatoes peeled, seeded and chopped
- 1 teaspoon green chili chopped medium-hot
- 1 pinch salt and sugar
- 1/4 teaspoon minced garlic
- 1 teaspoon red wine vinegar

## Nutrition:

1. Calories: 480 calories
2. Carbohydrate: 9 grams
3. Cholesterol: 155 milligrams
4. Fat: 36 grams
5. Fiber: 1 grams
6. Protein: 27 grams
7. SaturatedFat: 15 grams
8. Sodium: 420 milligrams
9. Sugar: 3 grams

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