

# Turkish Meat Dumplings (Manti)

Yield: 8 min  
Total Time: 85 min

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

## Ingredients:

- 4 cups all-purpose flour
- 1 teaspoon salt
- 2 large eggs
- water
- 1/2 pound ground beef or a mix of ground beef and lamb
- 1 medium onion grated and squeezed dry
- 2 tablespoons parsley fresh, finely chopped
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1/2 teaspoon cumin powder optional
- 1/2 teaspoon dried mint optional
- 1/2 teaspoon sweet paprika or ground cayenne pepper, optional
- mint optional
- oregano optional
- sumac optional
- pepper flakes optional
- 4 cups water
- 1 teaspoon salt or beef bouillon
- 1 tablespoon tomato paste optional
- 1 tablespoon sweet pepper paste, optional
- 3 cloves garlic
- 3 cups plain yogurt
- 2 tablespoons butter
- 2 tablespoons tomato paste
- 1/3 cup water
- salt Optional:, to taste

## Nutrition:

1. Calories: 410 calories
2. Carbohydrate: 57 grams
3. Cholesterol: 90 milligrams
4. Fat: 12 grams
5. Fiber: 3 grams
6. Protein: 17 grams
7. SaturatedFat: 6 grams
8. Sodium: 1140 milligrams
9. Sugar: 7 grams

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