

Lazy Man's Mant?

Yield: 4 min
Total Time: 30 min

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

Ingredients:

- 1 pasta bow ties or spaghetti are the favourites for this dish
- 1 pasta bow ties or spaghetti are the favourites for this dish
- olive oil for the pasta
- olive oil for the pasta
- 2 tablespoons oil
- 2 tablespoons oil
- 1 onion chopped finely
- 1 onion chopped finely
- 9/16 pound beef mince
- 9/16 pound beef mince
- 3 medium tomatoes chopped finely
- 3 medium tomatoes chopped finely
- 2 sweet peppers chopped finely, Sivri Biber
- 2 sweet peppers chopped finely, Sivri Biber
- 3/4 teaspoon salt more or less as desired
- 3/4 teaspoon salt more or less as desired
- 1/2 teaspoon black pepper
- 1/2 teaspoon black pepper
- 1/2 teaspoon red pepper mild or hot
- 1/2 teaspoon red pepper mild or hot
- 1/2 teaspoon cumin
- 1/2 teaspoon cumin
- 1/2 teaspoon oregano
- 1/2 teaspoon oregano
- plain yogurt
- plain yogurt
- 2 cloves crushed garlic optional

Nutrition:

1. Calories: 1490 calories
2. Carbohydrate: 196 grams
3. Cholesterol: 100 milligrams
4. Fat: 51 grams
5. Fiber: 12 grams
6. Protein: 60 grams
7. SaturatedFat: 12 grams
8. Sodium: 1050 milligrams
9. Sugar: 25 grams
10. TransFat: 1.5 grams

Thank you for visiting our website. Hope you enjoy Lazy Man's Mant? above. You can see more 20 turkish pasta manti recipe They're simply irresistible! to get more great cooking ideas.