

Homemade Turkish Lahmacun

Yield: 5 min
Total Time: 90 min

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

Ingredients:

- 2 cups flour
- 1 teaspoon yeast instant dry
- 1 1/2 teaspoons salt
- 1 cup water warm
- 1 tablespoon olive oil
- 12 ounces ground beef 70% lean
- 1 onion yellow, finely grated
- 4 cloves garlic finely grated
- 1 cup parsley Italian variety, leaves, finely chopped
- 2 tomatoes ripe, finely grated
- 1/2 bell pepper green, finely grated
- 1 tablespoon red pepper paste
- 1 tablespoon tomato paste
- 1 teaspoon paprika
- 1 teaspoon hot red pepper flakes
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1 teaspoon cumin powder
- 1 sprig Italian parsley sliced red onion mixed with sumac, sliced tomato, optional

Nutrition:

1. Calories: 390 calories
2. Carbohydrate: 46 grams
3. Cholesterol: 45 milligrams
4. Fat: 14 grams
5. Fiber: 4 grams
6. Protein: 20 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 1270 milligrams

9. Sugar: 3 grams
 10. TransFat: 0.5 grams
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