

# Turkish Shish Kebabs

Yield: 4 min  
Total Time: 70 min

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

## Ingredients:

- 1 pound london broil cubed
- 1/2 teaspoon salt
- 2 cloves minced garlic
- 1/8 cup olive oil
- 1/2 teaspoon cumin
- 1/2 teaspoon paprika
- 1/2 lemon
- 1 bell pepper large, cut into large pieces
- 1 onion large, cut into chunks
- olive oil
- 1/2 onion large, diced
- 1 carrot large, peeled and diced
- 3 cloves garlic minced
- 2 tablespoons tomato paste
- 14 ounces diced tomatoes
- 1 can pinto beans rinsed and drained
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 tablespoon white sugar

## Nutrition:

1. Calories: 390 calories
2. Carbohydrate: 23 grams
3. Cholesterol: 45 milligrams
4. Fat: 21 grams
5. Fiber: 4 grams
6. Protein: 30 grams
7. SaturatedFat: 5 grams
8. Sodium: 800 milligrams

9. Sugar: 10 grams

---

Thank you for visiting our website. Hope you enjoy Turkish Shish Kebabs above. You can see more 17 turkish shish recipe Discover culinary perfection! to get more great cooking ideas.