

Urfa Kebab

Yield: 4 min
Total Time: 90 min

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

Ingredients:

- 7 eggplants medium size
- 1 1/2 cups oil for frying, I use olive oil
- salt to taste
- 7 tablespoons tomato sauce plus same amount of salsa, optional
- 8 cloves garlic
- red pepper or Green, sliced or whole
- greens Fresh, to garnish the dish when it's cooked, optional
- 3 pounds ground meat fresh, I mix turkey and beef
- 1 medium onion
- 1 teaspoon ground black pepper
- 1 teaspoon paprika
- 1/2 teaspoon cayenne or crushed red chili flakes
- dried herbs
- basil
- dill
- 1 1/2 teaspoons garlic salt or you can grate a garlic clove
- salt to taste

Nutrition:

1. Calories: 1630 calories
2. Carbohydrate: 68 grams
3. Cholesterol: 220 milligrams
4. Fat: 119 grams
5. Fiber: 31 grams
6. Protein: 79 grams
7. SaturatedFat: 21 grams
8. Sodium: 760 milligrams
9. Sugar: 23 grams
10. TransFat: 3.5 grams

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