

Beef Kafta

6 ingredients · 45 minutes · 3 servings



Directions

1. Add all ingredients to a large mixing bowl and mix until combined.
2. Tightly pack the meat mixture into balls then form the balls into long, thin kebabs, 4 to 5 inches in length, around each of the barbecue skewers.
3. Grill over medium heat for 12 to 15 minutes, or until cooked through. Be sure to flip often so that all sides are cooked and contain grill marks. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately three skewers.

More Flavor

Add fresh garlic.

Additional Toppings

Drizzle with yogurt or a tahini-based sauce.

Serve it With

Hummus, Lebanese rice, salad or on a pita.

No Beef

Use ground lamb instead.

Wooden Skewers

Be sure to soak the skewers in water prior to use.

Ingredients

- 1 lb Extra Lean Ground Beef
- 1 Yellow Onion (small, very finely chopped)
- 1/2 cup Parsley (very finely chopped)
- 1 tbsp Lebanese 7 Spice Blend
- 1 tsp Sea Salt
- 9 Barbecue Skewers