

Lamb Kafta

10 ingredients · 20 minutes · 8 servings



Directions

1. In a large bowl, mix together all of the ingredients until well combined. Form the mixture into balls roughly two inches in diameter.
2. Grill the kafta over medium-high heat until cooked through, about four to six minutes on each side. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving equals approximately three kafta meatballs.

Easier Grilling

Add the meatballs to a skewer for easier flipping.

More Flavor

Add garlic, cilantro and/or ground nuts to the meat mixture.

Additional Toppings

Serve with hummus, tzatziki, pita, tomato, or cucumbers.

No Barbecue

Cook in the oven at 375°F (190°C) for 25 to 30 minutes or until cooked through.

Ingredients

1 Yellow Onion (medium, chopped)

2 cups Parsley (chopped)

1 lb Extra Lean Ground Beef

8 1/16 ozs Ground Lamb

Sea Salt & Black Pepper (to taste)

1 1/2 tsps Ground Allspice

1/2 tsp Cardamom

1/2 tsp Ground Sumac

1/2 tsp Nutmeg

1/2 tsp Paprika