



## Beef Koftas

### BEEF KOFTAS

#### Ingredients

##### Beef Koftas

- 1 lb (500 g) **Lean Ground Beef**
- 1 small onion, diced
- 1 egg
- 1 tsp ground cumin
- 1 tbsp chili powder
- ¼ tsp ground cinnamon
- ¼ tsp salt
- 12 metal or soaked wooden skewers

##### Tzatziki Bean Dip:

- 1 can (19 oz/540 mL) navy or white kidney beans, drained and rinsed
- ½ cup Greek yogurt
- 2 cloves garlic
- 1 tsp dry dill weed
- ¼ tsp EACH salt and pepper
- 2 tbsp lemon juice

#### Cooking Directions

- **Beef Koftas:** Preheat oven to 375°F. In large bowl, stir together beef, onion, egg, cumin, chili powder, cinnamon and salt until combined. On a foil-lined rimmed baking sheet, shape meat into 12, 4-inch long ovals; thread onto 12 skewers. Cook for 15 minutes, turning once. Beef is done when it reaches an internal cooking temperature of 160°F (71°C). NOTE: careful not to touch skewer with tip of thermometer when taking a reading.
- **Tzatziki Bean Dip:** Meanwhile, combine beans, Greek yogurt, garlic, dill, salt, pepper and lemon juice in a food processor and pulse on low for 2 minutes or until smooth. Serve with the beef koftas for dipping.

**Tip:** Soak wooden skewers in water for 30 minutes before using.



### Shopping List

- 1 lb (500 g) Lean Ground Beef
- 1 small cooking onion
- 1 egg
- Ground cumin
- Chili powder
- Ground cinnamon
- 12 metal or wooden skewers
- 1 can (19 oz/540 mL) navy or white kidney beans
- ½ cup plain Greek yogurt
- 2 cloves garlic
- Dry dill weed
- 1 lemon

All online lessons are led by nutrition and food skills educator, Andrea Villneff BASc, PHEc, Chef.

Cook along with us:, just click!

