



LEBANESE BEEF KAFTA

(Meatballs/Loaves)

By Dr. Cindy Tanzar
(Standard & Maintenance Plans)

Kafta (kofta) is a dish traditionally found in areas throughout the Middle East, North Africa and South Asia. It has a delicious variety of warm, earthy spices that are mixed with ground meat, onions, and parsley. It's packed full of flavor. 7-Spice seasoning can easily be made at home out of several spices you usually already have. This dish is tasty served over Genesis cauliflower rice recipes or you can also purchase frozen cauliflower rice, as well. In the picture we used Green Giant Cauliflower Risotto Medley with asparagus and mushrooms. You can add butter to the cauliflower for your fat.

Makes approximately 4 servings. One serving of this recipe depends on your personal recommendations (most are 3-4 ounces).



INGREDIENTS

- 1/4 cup parsley
- 1 small yellow onion, quartered
- 1 pound ground beef
- 2 tsps. 7-Spice (see below)



1/2 tsp. cumin
1/2 tsp. cinnamon
1/2 tsp. coriander (or extra 1/8 tsp cumin)
1/8 tsp. Cayenne pepper
3/4 tsp. Pink Himalayan or Redmond's salt
1/4 tsp. black pepper

INSTRUCTIONS

Place the parsley into a food processor and pulse until finely chopped. Remove and set aside. Place the onion into the food processor, pulsing until finely chopped. Using a paper towel, press the onions to remove excess moisture (unplug processor to do this).

Add the parsley, ground beef and spices to the food processor. Pulse only until ingredients are just combined. Do not overmix.

Remove the mixture to a bowl and form into 5 oblong shaped loaves or into meatballs. If grilling, you can thread the meat loaves on a skewer or place them directly on the grill. They will be delicate at first and easier to handle as they cook. Tongs are helpful for turning. Cook approximately 10-12 minutes, turning once or twice, or until your desired doneness.

To bake, preheat the oven to 425°F and line a baking sheet with parchment paper. Bake for 18-22 minutes or until thoroughly cooked (depends on size of meatballs).

7-Spice Recipe

1 tsp allspice
1 tsp ground coriander (can sub 1/2 tsp cumin in addition to cumin below)
1 tsp cinnamon
1/2 tsp black pepper
1/2 tsp ground cloves
1/2 tsp cumin
1/2 tsp nutmeg