

Preparation: 20 mins

Cooking: 10 mins

Ready in: 30 mins

Serves: 6

Beef Koftas with Tzatziki Bean Dip

Ingredients

Beef Koftas :

- 1 lb (500 g) Lean Ground Beef
- 1 small onion, diced
- 1 egg
- 1 tsp (5 mL) ground cumin
- 1 Tbsp (15 mL) chili powder
- 1/4 tsp (1 mL) ground cinnamon
- 1/4 tsp (1 mL) salt
- 12 metal or soaked wooden skewers

Tzatziki Bean Dip:

- 1 can (19 oz/540 mL) navy or white kidney beans, drained and rinsed
- 1/2 cup (125 mL) plain Greek yogurt
- 2 cloves garlic
- 1 tsp (5 mL) dry dill weed
- 1/4 tsp (1 mL) EACH salt and pepper
- 2 Tbsp (30 mL) lemon juice

Directions

1. 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 (10 cm) 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).

2. 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 beef koftas for dipping.

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

Shopping List

Pantry Staples

- ground cumin
- chili powder
- ground cinnamon
- lemon juice
- 1 can (19 oz/ 540 mL) navy or white kidney beans
- dry dill weed

Meat

- 1 lb lean ground beef

Refrigerator & Freezer

- 1 egg
- 1/2 cup plain Greek yogurt

Produce

- 1 small onion
- garlic

Miscellaneous

- 12 metal or wooden skewers

Notes:

Careful not to touch skewers with tip of thermometer when taking a reading.



Remember to check your pantry and refrigerator before you go shopping!