



Lule Kebabs

(Makes 12 kabobs or 6 servings)

- ¾ lb. Ground Beef
- ¾ lb. Ground Lamb
- 1 cup chopped Italian Parsley
- ½ cup Yellow Onion
- ¼ cup Green Bell Pepper
- ½ teaspoon Ground Cumin:
- 1 ½ teaspoon Salt:
- ¼ teaspoon Pepper:
- *Sumac
- 6 Whole-Wheat Pita Bread

Directions:

1. Mince the bell pepper, onion and Italian Parsley.
2. Add the beef, lamb, salt, pepper, and minced veggies in a medium sized mixing bowl.
3. Using your hands combine all of the ingredients well.
4. Shape the mixture into 12 lule kebabs, (the shape of a large hot dog)
5. Grill the lule kebabs until cooked through.
6. Serve in warm pita bread, sprinkled with sumac. You did it! Yum!

*Sumac may be found at specialty Armenian grocery stores.

KEBABS

Nutrition Facts

Serving Size: SERVINGS

Serving per Container: 1

Amount Per Serving

Calories: 414

Calories from Fat 102

% Daily Value*

Total Fat 11.3g

17%

Saturated Fat 3.8g

19%

Trans Fat N/A

Cholesterol 89mg

30%

Sodium 962mg

40%

Total Carbohydrate 37.1g

12%

Dietary Fiber 3.9g

16%

Protein 34.2g

68%

Vitamin A 18%

Vitamin C 56%

Calcium 11%

Iron 25%

*Percent Daily Values are based on a 2,000 calorie diet.