

Kefta Kebabs

Moroccan Kebabs

1	1 pound	Ground Beef, Ground Lamb, or Combination	Mix all the ingredients together. Chill the mix for an hour or longer. Shape kefta into cylinders, skewer the meat. Grill the skewers.
	3 ounces	Beef/Lamb Fat, optional	
	1 medium	Onion, chopped very fine or grated	
	2 tsp	Paprika	
	1 tsp	Salt	
	1/4 tsp	Black Pepper	
	1/8 tsp	Cayenne Pepper	
	1/4 cup	Fresh Parsley, chopped	
	1/4 cup	Fresh Cilantro, chopped	
	1 tsp	Ground Cinnamon	
	1 tbsp	Fresh Mint Leaves, chopped	
		Bamboo Skewers, soaked	

Re-produced from *Keto Kebab Meal Prep with Low Carb Pita Bread*¹

¹Bobby Parrish. *Keto Kebab Meal Prep with Low Carb Pita Bread*. Mar. 2019. URL: <https://www.flavcity.com/keto-kebab-meal-prep/>.