

MEDITERRANEAN BEEF KEBOBS



We are so excited to share a recipe from our Good Meals To Go program, a collaboration between Groundswell Cafe and the Cultivate Hope Corner Store that provides affordable, healthy alternatives to fast food dining. We hope you enjoy this recipe and our Cooking for a Cause class!

Recipe by Philip Hamilton, Groundswell Director

PREP TIME

- Prep - 20 minutes
- Cook - 20 minutes
- Serves 4-6 people

INGREDIENTS

BEEF KEBOBS:

- 2 lb lean ground beef
- 2 tbsp salt
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp chili flakes
- 1 tsp z'atar seasoning
- 1 tsp cumin
- 3 eggs
- 1/2 bunch fresh parsley, chopped

ADDITIONAL SKEWER INGREDIENTS:

- 1 onion (red or yellow)
- Button mushrooms
- 1 red bell pepper
- Cherry tomatoes

DIRECTIONS

- 01** Preheat oven to 425 degrees Fahrenheit.
- 02** Wash, chop and prepare additional skewer ingredients, chopping onion and pepper into 1 inch squares, wash cherry tomatoes and button mushrooms.
- 03** In a mixing bowl, combine Beef Kebob ingredients and mix by hand, or paddle in Kitchen Aid until sticky.
- 04** Form mixture into 1-1 1/2 inch balls.
- 05** Assemble skewers, alternating beef kebobs with onions, peppers, mushrooms and cherry tomatoes to your liking.
- 06** Roast skewers on a flat top or large pan until vegetables and meat are browned.
- 07** Finish skewers in the oven until cooked thoroughly, about 10 minutes.



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