

Kefta with Tomato Sauce



Discover our mouthwatering recipe for flavorful kefta with tomato sauce. A fusion of Mediterranean flavors in every bite, perfect to satisfy both your taste buds and culinary cravings.

Preparation 15 min

Cooking 45 min

Servings 4

Nutrition Facts (per serving)

Calories 420

Fat 15

Carbohydrates 50

Fibre 9

Protein 24

Sodium 710

Ingredients

- 400 g (0.8 lb) of minced lamb
- 1 onion, chopped
- 3 sprigs of parsley, chopped
- 2 ml ($\frac{1}{2}$ teaspoon) of salt
- 6 ml ($1 \frac{1}{4}$ teaspoons) of ground black pepper
- 4 medium potatoes, sliced with skin

- 2 large green bell peppers, cut into strips
- 1 can of 156 ml (5.5 oz) of tomato paste
- 750 ml (3 cups) of warm water
- 3 ml ($\frac{3}{4}$ teaspoon) of ground cinnamon

Preparation

1. Place the oven rack in the center. Preheat the oven to 350°F (180°C).
2. In a medium bowl, for preparing the Kefta, hand mix the minced lamb, onion, parsley, salt, and black pepper. Shape the mixture into 12 patties and place them side by side in a 9x13-inch rectangular Pyrex dish.
3. Cover the patties with sliced potatoes, tomatoes, and bell peppers.
4. In another bowl, mix the tomato paste with warm water and ground cinnamon. Pour over the mixture.
5. Bake in the oven for 45 minutes or until the Kefta and vegetables are well cooked.

Notes



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