

Spiced Beef Kibbe

Kibbe (pronounced kib' ee) are the Middle Eastern version of meatballs. Bulgur wheat binds the spiced beef mixture, and toasted pine nuts add crunch. Finished simply with a squeeze of lemon juice and fresh mint, these kibbe will disappear as fast as you can grill them.

4 s e r v i n g s

½ cup bulgur wheat

3 Tbs. pine nuts

2 Tbs. minced onion

1 lb. ground beef

1 tsp. ground cumin

½ tsp. paprika

¼ tsp. cayenne pepper

½ tsp. ground cinnamon

1 tsp. salt

2 Tbs. olive oil

2 tsp. lemon juice

2 Tbs. chopped fresh mint

Soak bulgur in $\frac{2}{3}$ cup water until softened, about 30 minutes. Heat grill. Drain bulgur and squeeze out water. Toast pine nuts in microwave oven on High for 5 minutes. Mix together bulgur, pine nuts, onion, beef, spices and salt. Shape beef mixture into 8 ovals or into patties. Brush kibbe with oil and grill, turning them several times, until brown, 8 to 10 minutes. Serve sprinkled with lemon juice and chopped mint.

**Cal. 399 Pro. 22g Fat 26g
Sod. 616mg Carb. 20g**

Work Time 30 min.

Total Time 1 hr.

