

# GROUND BEEF KEBABS

**Time: 30 minutes**

**Serves: 4**

### Ingredients:

1 onion - peeled and roughly chopped  
6g salt  
1g fresh ground black pepper  
1g turmeric  
1g baking powder  
400g lean ground beef

### Preparation:

Preheat a grill or broiler on high heat.

Place all ingredients except beef in a food processor with an "S" blade. Process until the onion is nearly puréed.

Change to a dough blade and add the beef. Process until the meat becomes very stringy, but not paste-like.

Divide the mixture in four and form into cylinders approximately fifteen centimetres long. Place on skewers and flatten slightly.

Grill or broil the skewers until cooked through.

Serve immediately.

### Nutritional Information Per Serving:

Calories: 284  
Fat: 17g  
Carbs: 3g  
Fibre: 0.4g  
Protein: 27g