

## Kefta Hot Dogs

Preparation time	<b>20 minutes</b>
Cooking time	<b>30 minutes</b>
Servings	<b>4 (8 sausages, 2 per person)</b>
Cost per serving	<b>\$2.41</b>
Storage	<b>Kefta will keep for 3 days in the fridge and can be frozen.</b> Put each kefta in a hot dog bun just before serving.
Kitchen tools	<b>Measuring cups and spoons, cutting board, sharp knife, large bowl, small bowl, baking sheet, tongs, spoon.</b>



## Ingredients



375 g (¾ lb)  
**ground beef**



1 small **yellow onion**,  
peeled and chopped



30 ml (2 tbsp)  
**bread crumbs**



30 ml (2 tbsp)  
**tomato paste**



30 ml (2 tbsp)  
**dried parsley**



10 ml (2 tsp)  
**ground cumin**



5 ml (1 tsp)  
**de paprika**



**Salt, pepper** and Tabasco-style  
**hot sauce**, to taste



125 ml (½ cup)  
**plain yogurt**

*OR  
MAYONNAISE*

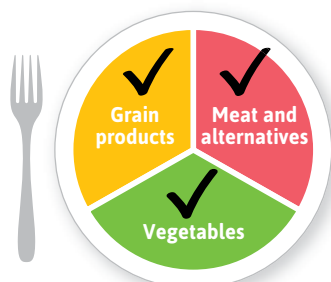


1 **garlic** clove,  
peeled and minced



8 **hot dog**  
**buns**

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## Balanced plate

Serve with:

- ? Vegetables (salad or raw vegetables, for example) and a fruit
- ? A glass of milk or fortified soy beverage

# Directions

1	Place oven rack in the middle position and preheat the oven to 200°C (400°F). Oil a baking sheet.	
2	In a large bowl, add the <b>ground beef, onion, bread crumbs, tomato paste, 15 ml (1 tbsp) parsley, cumin, paprika, salt, pepper</b> and <b>hot sauce</b> to taste and mix, using your hands.	
3	Make 8 oblong patties (shaped like kefta or sausages) and place them on the baking sheet.	
4	Bake for 12 minutes. Take the baking sheet out of the oven, turn the kefta and bake another 12 minutes, or until the kefta are cooked through and golden brown.	
5	Meanwhile, mix the <b>plain yogurt</b> with the remaining <b>parsley</b> and <b>garlic</b> .	
6	Toast the <b>hot dog buns</b> in a frying pan.	
7	Serve kefta in toasted hot dog buns and garnish with the <b>yogurt sauce</b> . <b>Variation:</b> Serve kefta with your choice of toppings. For example, they are delicious topped with coleslaw (see our coleslaw recipe on our website).	

My rating: ★ ★ ★

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This original recipe was developed by Extenso – The Université de Montréal reference centre on human nutrition