

Kefta Hot Dogs

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



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

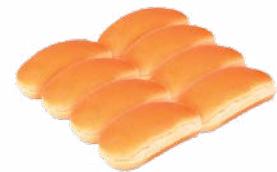


125 ml (½ cup)
plain yogurt

*OR
MAYONNAISE*

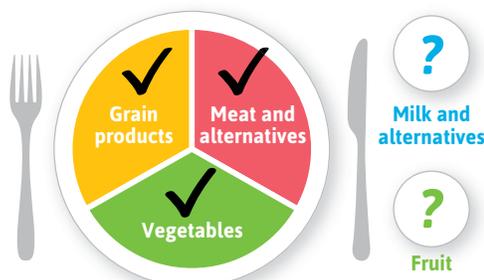


1 **garlic clove**,
peeled and minced



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 ground beef, onion, bread crumbs, tomato paste, 15 ml (1 tbsp) parsley, cumin, paprika, salt, pepper and hot sauce 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 plain yogurt with the remaining parsley and garlic .	
6	Toast the hot dog buns in a frying pan.	
7	Serve kefta in toasted hot dog buns and garnish with the yogurt sauce . Variation: Serve kefta with your choice of toppings. For example, they are delicious topped with coleslaw (see our coleslaw recipe on our website).	

My rating: ★ ★ ★

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