

Quibe or Kibbeh

We grew up exposed to a lot of Middle Eastern food. We could buy them everywhere back in Sao Paulo, Brazil. This recipe is a “simpler” version of quibe or kibbeh since it does not require much assembly and instead of frying small portion, we just bake it, which is much healthier. I like to use bulgur # 2 since the grains are not so finely crushed.



Ingredients:

1 $\frac{1}{2}$ lb lean ground beef
 $\frac{3}{4}$ cup bulgur cut #2
 $\frac{1}{2}$ cup finely chopped onion
 $\frac{1}{2}$ teaspoon cinnamon
 $\frac{1}{4}$ teaspoon ground all spice
 $\frac{3}{4}$ teaspoon salt
 $\frac{1}{2}$ teaspoon black pepper

$\frac{1}{4}$ cup finely chopped parsley

$\frac{1}{4}$ cup finely chopped green onion



Method:

Soak the bulgur in cold water for approximately 1 $\frac{1}{2}$ hours. Drain the water by squeezing out the excess of water. Mix the bulgur to the ground beef and add all the others ingredients. In a pyrex, gently press the ground beef and bulgur mix. Bake in 350 F for approximately 35 to 40 minutes. Serve warm with lemon, yogurt or hot sauce.



Did you know that bulgur is a cereal made from a mix of several different species of wheat? Mainly from durum wheat, which is high in protein and gluten, therefore bulgur contains more nutrition than rice. Bulgur is a common ingredient in Turkish, Middle Eastern, Indian and Mediterranean cuisine.

Thank you for stopping by Simple Recipes and have a great week!