

Kibbeh Khamoustah

Makes: 8 Servings

Ingredients

1 pound ground beef, 85% lean (coarsely ground, if available)
1 tablespoon salad oil
1 cup matzo meal
1 1/2 cups semolina
1 cup water
1 teaspoon salt
6 cloves garlic, chopped (use 6-7 cloves)
10 scallions, chopped
2 bunches Swiss Chard
lemon juice (optional)

Directions

1. Fry ground beef in a small amount of oil.
2. Prepare the dough by mixing matzo meal, semolina, water, and salt.
3. Wet hands and shape into walnut-sized pieces.
4. Roll out dough into a small circle and fill with 1 Tablespoon of meat.
5. Seal the dough. Continue until all the dough and meat is used.
6. In a large pot, heat a small amount of oil and fry garlic until golden.
7. Add the scallions and Swiss chard. Mix well.
8. Cook about 10 minutes.
9. Cover with water and continue to cook until boiling.
10. Add lemon juice, to taste (optional).
11. Add stuffed dough to soup and cook 15 more minutes.

Notes

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	320	
Total Fat	9 g	14%
Protein	19 g	
Carbohydrates	39 g	13%
Dietary Fiber	3 g	12%
Saturated Fat	3 g	15%
Sodium	390 mg	16%

Kibbeh Khamoustah is a Kurdish dish. Kibbeh, or dumplings, are stuffed with meat, traditionally lamb or beef, and served with soup.
Note: Modification to