

Lebanese Kafta Kebabs: A Flavorful Grilled Recipe

There's something incredibly satisfying about grilling, and these



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30 min

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INGREDIENTS

- 1 lb ground beef or lamb
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 1/4 cup parsley, chopped
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1/2 tsp cinnamon
- Salt and pepper to taste
- 1 tbsp olive oil
- Skewers (wooden or metal)

Swaps and Notes:

Meat: A mix of ground beef and lamb is traditional for kafta, but you can use all beef or all lamb if you prefer.

Onion & Garlic: The finely chopped onion and minced garlic are essential for the flavor of these kebabs. Don't skip them!

Spices: The combination of cumin, coriander, and cinnamon gives these kebabs their unique, warm, and earthy flavor. You can add a pinch of cayenne pepper for a little bit of heat.

Skewers: If you're using wooden skewers, be sure to soak them in water for at least 30 minutes before grilling. This prevents them from burning.

Herbs: Fresh parsley is key here. It adds a fresh, herbaceous flavor that makes the kebabs pop.

How to Make Lebanese Kafta Kebabs:

Prep the Grill and Skewers: Preheat your grill or stovetop grill pan to medium-high heat. If using wooden skewers, soak them in water for at least 30 minutes.

Make the Kebab Mixture: In a large bowl, combine the ground beef or lamb, finely chopped onion, minced garlic, chopped parsley, ground cumin, ground coriander, cinnamon, salt, and pepper. Mix until well combined.

Form the Kebabs: Divide the mixture into small portions and mold each portion around a skewer to form long, oval-shaped kebabs.

Grill to Perfection: Brush the kebabs with olive oil. Place them on the preheated grill or grill pan and cook for 8-10 minutes, turning occasionally, until they are cooked through and slightly charred.

Serve: Serve the kafta kebabs with pita bread, hummus, or a side salad.

Tips for Success:

Don't Overmix: Mixing the meat mixture too much can make them tough. Mix until the ingredients are just incorporated.

Form Tightly: Molding the kafta mixture tightly around the skewers ensures they hold their shape and don't fall apart on the grill.

Hot Grill: Make sure your grill is hot enough before you start grilling. This is crucial for a nice, charred crust.

Serving Suggestions and Pairings:

Storage and Leftover Tips:

More Recipes You Will Love:

For a great appetizer or quick meal, my Easy Cheesy Chicken Sliders with Marinara Garlic Butter are a must-try.

If you need to feed a crowd fast, these Sheet Pan Quesadillas are a lifesaver.

For a fun and no-fuss way to feed a crowd, my Walking Taco Bar is always a winner.

Final Thoughts:

DIRECTIONS

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5. **Serve:** Serve the kafta kebabs with pita bread, hummus, or a side salad.
6. **Tips for Success:** Don't Overmix: Mixing the meat mixture too much can make them tough. Mix until the ingredients are just incorporated.
7. **Form : Tightly:** Molding the kafta mixture tightly around the skewers ensures they hold their shape and don't fall apart on the grill.
8. **Hot : Grill:** Make sure your grill is hot enough before you start grilling. This is crucial for a nice, charred crust.
9. **Serving Suggestions and Pairings:** These kafta kebabs are fantastic served with warm pita bread, a side of hummus, and a simple cucumber and tomato salad. They also pair wonderfully with a bed of fluffy rice. For

other great crowd-pleasing meals, you could serve it with my Mexican Chicken and Rice Casserole or my Chicken Enchiladas.

10. **Storage and Leftover Tips:** Leftovers are delicious! Store them in an airtight container in the refrigerator for up to 3 days. To reheat, you can microwave them or warm them in a skillet until heated through.
11. **More Recipes You Will Love:** If you're a fan of easy, delicious, and one-pan meals, you'll want to check out some of these other favorites:
12. For a great appetizer or quick meal, my : Easy Cheesy Chicken Sliders with Marinara Garlic Butter are a must-try.
13. If you need to feed a crowd fast, these : Sheet Pan Quesadillas are a lifesaver.
14. For a fun and no-fuss way to feed a crowd, my : Walking Taco Bar is always a winner.
15. **Final Thoughts:** These Lebanese Kafta Kebabs are a recipe that proves a great meal doesn't have to be complicated. It's a simple, delicious, and deeply satisfying dish that is perfect for a family dinner. I hope it becomes a new favorite in your home.
16. If you make these kebabs, I'd love to hear about it! What's your favorite Middle Eastern dish to make at home? Let me know in the comments below.

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