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Minced mix (beef/ mushroom)

minced beef/ lamb mushroom



Time needed: 40 minutes

Yields: 1 ½ cups

Notes

Mushrooms used were button, shitake dry and fresh, maitake, cremini.



Ingredients

- 1 kg minced beef/ lamb or chopped mushroom medley
- 1 large onion small diced
- ¼ cup olive oil
- 2Tbs bhar mshakkal (Essentials 2)
- 2Tbs summac
- Salt and pepper

Directions

Heat a pan with oil, cook minced protein until all water comes out, drain the protein and set aside. In the case of mushrooms cook them until dry (see pictures to the left) and set aside. In the same pot add the chopped onion and cook until tender, return the meat or mushrooms mix with the spices, sumac, salt and pepper. Adjust seasoning and set aside. This is a freezer staple, it is practically used with any recipe that calls for minced meat.

