

Mediterranean Beef Kebabs with Tzatziki

Products: Steakhouse Elite Grass-Fed Ground Beef

Recipe: Kristen Hess, [The Artful Gourmet](#)

These grilled Mediterranean Beef Kebabs are the perfect low-carb/Keto/Whole30-friendly dish made with lightly spiced **Steakhouse Elite Grass-Fed Ground Beef** grilled on skewers. They're served with fresh tomatoes, cucumber, red onions, parsley, mint, and crumbled feta, and a side of homemade tzatziki sauce. Healthy, light and delicious!

Ingredients:

Beef Kebabs:

- 1 medium onion, minced
- 2 garlic cloves, minced
- 1 cup fresh parsley, minced
- 1 1/2 pounds **Steakhouse Elite Grass-Fed Ground Beef**
- 1/2 cup finely ground almond flour + 1 tablespoon water
- Kosher Salt and Freshly Ground Black Pepper
- 4 teaspoons Mediterranean or Greek seasoning

Sides:

- 1 large tomato, sliced
- 1 red onion, sliced
- 1 cucumber, sliced
- Parsley, chopped
- Mint, chopped
- Feta Cheese, crumbled
- Tzatziki (recipe follows)

Instructions:

Soak 10 wooden skewers in water for about 30 minutes to 1 hour, removing when ready to start making beef kebabs. Lightly oil a grill or grill pan and preheat to medium-high.

Finely mince the onion, garlic, and parsley and place in a large mixing bowl. Add the ground beef, almond flour/water mixture, salt and pepper and Mediterranean spices. Mix together with your hands until well combined. Alternatively, you can mince all the ingredients together in a food processor.

Take a handful portion of the meat mixture and mold it on a wooden skewer into a long log-shaped kebab about 1 inch wide. Repeat with the rest of the meat and skewers, laying them on a large baking sheet lined with parchment paper or foil.

Place the beef kebabs on the grill and cook for 4 minutes on one side, turn over and cook for another 3-4 minutes.

Serve the kebabs with a side salad made of sliced tomatoes, onions, cucumbers, parsley, mint and feta cheese with a side of tzatziki for dipping. (recipe follows)

Tzatziki

Ingredients:

3 Persian, Kirby or ½ English cucumbers, cut into ¼-inch pieces
Kosher salt
1 cup plain Greek yogurt
3 tablespoons olive oil
2 tablespoons fresh lemon juice
1 garlic clove, lightly crushed
¼ cup chopped mint

Preparation:

Toss cucumbers with a few generous pinches of salt in a small bowl; firmly squeeze several times with your hands to release excess water. Drain.

Mix cucumbers, yogurt, oil, lemon juice, and garlic in a medium bowl; season with salt. Let sit at room temperature 15–20 minutes; discard garlic. Stir in mint just before serving.

Do Ahead: Tzatziki can be made 2-3 days ahead (without mint). Cover and chill in the refrigerator, and add fresh mint just before serving.

Serves 4.