

 Prep: 5 minutes

 Cook: 30 minutes

 8 servings

# Turkish Stuffed Flatbread

## Description

Credit for this recipe goes out to "Serious Keto" (channel can be found on YouTube)

## Ingredients

for 8 servings

- 1 lb** ground beef (*80% Beef, 20% fat*)
- 2 ½ tsp** ground cumin
- 1 tsp** salt
- ½ tsp** black pepper
- 3 Tablespoons** tomato paste
- ½ cup** water
- 1 pkg** chopped can spinach thawed and squeezed dry
- 6 oz** Crumbled feta cheese

Conversion: *Ingredients in US units.*

## Steps

- 1.** Add first 6 ingredients to a 12" skillet and brown until meat is no longer pink. Add spinach and cook until the pan is more or less dry stirring occasionally. Transfer contents to a bowl and allow to cool for 10 minutes. Add feta cheese and mix well. Serve rolled in low carb tortillas (calculate additional macros). Wrap like a burrito, and optionally spray with avocado oil and crisp in an air fryer at 360°F for 4 minutes, respray and air fry another 3-4 minutes until crispy. Serve with sour cream or tzatziki (mediterranean sauce made with greek yogurt, dill, cucumber and spices)