



---

## Uploaded to VFC Website

▶▶▶▶ January 2013 ◀◀◀◀

---

This Document has been provided to you courtesy of Veterans-For-Change!

Feel free to pass to any veteran who might be able to use this information!

For thousands more files like this and hundreds of links to useful information, and hundreds of "Frequently Asked Questions, please go to:

[Veterans-For-Change](http://www.veteransforchange.org)

---

*Veterans-For-Change is a 501(c)(3) Non-Profit Corporation  
Tax ID #27-3820181*

***If Veteran's don't help Veteran's, who will?***

We appreciate all donations to continue to provide information and services to Veterans and their families.

[https://www.paypal.com/cgi-bin/webscr?cmd=\\_s-xclick&hosted\\_button\\_id=WGT2M5UTB9A78](https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=WGT2M5UTB9A78)

---

**Note:**

VFC is not liable for source information in this document, it is merely provided as a courtesy to our members.



# *Indian Beef Patties With Cucumber Yogurt Sauce*

**Prep Time:** 15 mins

**Cook Time:** 14 mins

**Total Time:** 29 mins

## **Ingredients**

- ✚ 1/2 cup(s) yogurt, low-fat plain
- ✚ 1/3 cup(s) cucumber(s), chopped
- ✚ 1/4 cup(s) onion(s), chopped
- ✚ 2 tablespoon pepper(s), jalapeno, finely chopped, seeded
- ✚ 1 tablespoon mint, fresh, or 1 teaspoon dried
- ✚ 1/2 teaspoon cumin, ground
- ✚ 1/2 teaspoon garlic, minced, or 1/8 teaspoon garlic powder
- ✚ 1/4 teaspoon salt
- ✚ 8 ounce(s) beef, lean ground
- ✚ Indian flat bread

## **Preparation**

1. For sauce, in a small bowl, stir together yogurt and cucumber. Cover and chill until ready to serve.
2. In a medium bowl, combine onion, jalapeño pepper, mint, cumin, garlic or garlic powder, and salt. Add ground meat; mix well. Form meat mixture into two 3/4-inch-thick patties.
3. Place patties on the rack of an uncovered grill directly over medium coals. Grill for 14 to 18 minutes or until patties are done (160°F),\*\* turning once. If desired, serve the patties on flat bread. Spoon sauce over patties.

