

Beef Pitas with Red Pepper Sauce

The perfect picnic lunch! Picnics are a fun summer activity. You can definitely substitute the ground beef for ground chicken, turkey or even lamb. Maybe add some cucumbers or pickled red onions to the pita pockets too. Enjoy.

xoxo,
Kristin

1. Process red peppers and feta in a food processor until completely smooth, about 20 seconds. Transfer mixture to bowl and season with salt and pepper.
2. Cut top 2 inches from each pita bread round. Process onion, lemon juice, garlic, oregano, 1/2 tsp. salt and 1/4 tsp. pepper. In now empty food processor process to smooth paste, about 30 seconds. Transfer mixture to large bowl, add beef, mix together using hand until combined. Pinch off and roll mixture into 12 balls, then press into 1/2 inch thick patties.
3. Heat coconut oil in 12 inch skillet over medium-high heat until hot. Brown patties well on first side, 3 to 4 minutes. Flip patties, reduce heat to medium, and continue to cook until well browned and cooked through, about 5 minutes. Transfer patties to paper towel-lined plate and tent loosely with aluminum foil.
4. Combine tomatoes, parsley and red pepper sauce in bowl and season with salt and pepper to taste. Stack pitas on plate and microwave, covered until warm about 30 seconds. Nestle 3 patties inside each pita, drizzle with red pepper sauce and top with tomato mixture.

Recipe from The Make Ahead Cookbook