

FETTI

Middle Eastern Bowl



Middle Easterners have been making specialty "bowls" long before they became popular. This particular bowl can be made vegetarian by substituting eggplant (grilled or broiled) for the meat.

INGREDIENTS

3 loaves of pita bread
3 lbs. roasted beef (chuck roast or eye of round)
1 teaspoon salt
1 teaspoon pepper
2 cups plain yogurt (*laban*)
Pine nuts
Sliced almonds
2 cloves garlic (or to taste)
1 stick butter

INSTRUCTIONS

Toast and break up pita bread and place into bowl. Fry pine nuts, sliced almonds, and minced garlic with butter and set aside. Boil roast beef with salt and pepper until tender; cut into chunks (or use leftover pot roast). Pour roast beef (including juice) on top of bread. Pour yogurt atop meat. Place fried nut/garlic mixture on top of yogurt and enjoy!