



Foodicious
RECIPES

Ground Beef Gyros

Ingredients

For the Yogurt Sauce

- 1 (8 oz) container plain yogurt
- $\frac{1}{3}$ cup chopped, seeded cucumber (thinly slice the rest for garnish)
- 2 tablespoons finely chopped onion
- 1 garlic clove, minced
- 1 teaspoon sugar

For the Filling

- 1 lb lean ground beef (or ground turkey)
- $1\frac{1}{2}$ teaspoons dried oregano
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon salt (optional)
- $\frac{3}{4}$ teaspoon black pepper

For Assembling

- 4 pita breads
- 3 cups shredded lettuce
- 1 large tomato, chopped
- 1 small onion, chopped

Instructions

- In a small bowl, combine the yogurt, chopped cucumber, onion, garlic, and sugar.
- Cover and refrigerate for at least 30 minutes, or overnight for best flavor.
- In a large bowl, mix together the ground beef and all seasonings until well combined.

- Shape into 4 flat patties.
- Grill, broil, or cook in a toaster oven over medium-high heat for 10–12 minutes, turning once, until the meat is fully cooked.
- Let rest for a minute, then slice the patties into thin strips.
- Warm the pita breads slightly. Fill each one with sliced beef, shredded lettuce, tomatoes, onions, and extra cucumber slices.
- Drizzle generously with the chilled yogurt sauce.