

## Beef Gyros with Tzatziki Sauce



### Makes:

8 servings

### Utensil:

Saladmaster Food Processor  
5 Qt./4.7 L Multi-Purpose Oil Core  
small mixing bowl  
medium mixing bowl

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### Contributed By:

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Tzatziki

1 <sup>1</sup>/<sub>2</sub>

cups

plain Greek yogurt

(300

g)

1 <sup>1</sup>/<sub>2</sub>

cups

cucumber, seeded and strung, use Cone #2

(156

g)

3

tablespoons

fresh dill or 1 ½ tablespoons dried dill

(10 g/5

g)

1 <sup>1</sup>/<sub>4</sub>

teaspoon

salt

(2

g)

2

cloves garlic, shredded, use Cone #1

salt and pepper to taste

## **Beef**

2

pounds

chuck roast, cut into ½ inch filets

(907

g)

?<sup>4</sup>

cup

extra virgin olive oil

(60

mL)

1

tablespoon

garlic, shredded, use Cone #1

(9

g)

1

teaspoon

dried oregano

(2

g)

?<sup>2</sup>

teaspoon

salt

(3

g)

?<sup>4</sup>

teaspoon

black pepper

(1

g)

2

tablespoons

fresh lemon juice

(30

mL)

1

large onion, thinly sliced, use Cone #4

warmed pita folds

sliced tomatoes and lettuce, for serving

## **Directions:**

1. In medium mixing bowl, combine all ingredients until blended and creamy.
2. Salt and pepper to taste. Set aside.

## Beef

1. Preheat MP5 temperature probe to 425°F/220°C.
2. Pat beef dry with paper towels to remove any moisture. Set aside.
3. In a small bowl, combine olive oil, garlic, oregano, salt, pepper and lemon juice; stir to blend and set aside.
4. When temperature reaches 425°F/220°C, add beef. Stir until browned on all sides, approximately 7 minutes. Drain off any excess liquid ? can remove with kitchen baster, if desired.
5. Reduce temperature to 170°F/75°C. Place onions in MP5 and pour in olive oil mixture. Stir to coat.
6. Cover and cook for approximately 6 hours or until beef is extremely tender.
7. Serve beef over pita folds with Tzatziki sauce, tomatoes and lettuce.

## Tips:

- Meat will tenderize with cooking. If you check and it is not tender, it's not done.

### Nutritional Information per Serving

Tzatziki Sauce

**Calories:**

230

**Total Fat:**

15g

**Saturated Fat:**

6g

**Cholesterol:**

67mg

**Sodium:**

179mg

**Total Carbs:**

6g

**Dietary Fiber:**

1g

**Sugar:**

2g

**Protein:**

18g

Beef not including pita

**Calories:**

404

**Fat:**

34g

**Saturated Fat:**

13g

**Cholesterol:**

79mg

**Sodium:**

211mg

**Carbohydrate:**

3g

**Fiber:**

0g

**Sugar:**

1g

**Protein:**

20g