

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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Recipe:

Contributed By:

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Tzatziki

$\frac{1}{4}$ teaspoon
salt

(2
g)

2 cloves garlic, shredded, use Cone #1
salt and pepper to taste

Beef

$\frac{1}{4}$
teaspoon black pepper (1 g) 2
tablespoons fresh lemon juice (30 mL) 1
large onion, thinly sliced, use Cone #4 warmed pita folds

Directions:

sliced tomatoes and lettuce, for serving
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 6g

Carbs:

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