VEGETABLE ROLLS WITH MEAT AND ARTICHOKE IN THE OVEN

Ingredients
1/4 teaspoon black pepper
Half a teaspoon of mixed spices
1/2 teaspoon salt
2 cups meat or chicken broth
1 tablespoon animal obesity
2 carrots
150 G peas are forbidden in keto diet
400 g minced meat
10 pieces of artichokes
Recipe 2: Oven artichokes
1 teaspoon black pepper
1 teaspoon mixed spices
1 tablespoon salt
2 tablespoons tomato paste
400 g minced meat (25% fat)
3 onions
3 color peppers
Kilo cherry tomatoes
1/2 kilo zucchini
kilo eggplant
Recipe 1: Meat vegetable rolls

Directions
The first recipe: Vegetable rolls with meat First, we cut the zucchini, eggplant, capsicum and onion into equal slices, then we roast the aubergine and zucchini slices on a frying pan with a little olive oil. In a bowl, put the minced meat and add salt, mixed spices and black pepper to it and mix well until the spices and meat combine. Then we form the minced meat in the form of fingers. After that, we roll the aubergine slices and zucchini over the sticks of the minced meat. In the oven tray, we put the onion slices at the bottom of the tray, then add a layer of colored pepper slices, then the aubergine rolls and zucchini, and finally add the cherry tomatoes. Sauce: In a bowl, put water with salt, black pepper, mixed spices and tomato molasses, then stir well. We pour the sauce into the tray, then put the tray in the oven for half an hour at a temperature of 200. The second recipe: Ankanar in the oven In a frying pan on the fire, put half the amount of buttermilk and let it melt, then add the anknar and let it roast a little. After that, we add the other half of the ghee and put the chopped meat and leave it to starch a little, then add the onions, peas and finally the chopped carrots with spices, salt and black pepper and leave them a little. In the oven tray, we put the enknar and stuff it with meat and vegetables, then pour the chicken water at the bottom of the tray We put the tray in the oven for half an hour at a temperature of 200

Bon Apetit!