



Every thought is powerful.

Middle Eastern Lamb Kebabs

1 pound of natural ground lamb
1 teaspoon of plain yogurt
1 onion, minced
1 teaspoon of curry powder
Dash of sea salt

Mix all ingredients together well.

Divide into four portions.

Use your hands to shape the mixture into
a long log and pat around the skewer.

Cook over a hot grill for about 7-10 minutes
while rotating the skewers every few minutes.

Serves 4



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