



## **Lunch Recipe: Minced Lamb and Mushroom Meat Sauce**

### **Ingredients**

Ghee or coconut Oil  
2 lbs of minced lamb  
2 medium onions  
4-5 garlic cloves  
¼ cup of ginger  
4 tomatoes  
1 ½ tbsp of Life is a Recipe® Garam Masala  
2 cups of mushrooms (chopped)  
1 cup of frozen petite peas  
1 tbsp of turmeric  
1/4 tsp of chili powder  
1 tbsp of paprika  
1 tsp salt (to taste)  
Cilantro (chopped)  
1 package of spaghetti

### **Instructions**

1. In a pot you heat some ghee or coconut oil.

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2. Add the ginger and garlic.
  3. Stir until pink and then add in the onions.
  4. Let the onions cook until they have become translucent. Stir.
  5. I personally like them soft with a little crisp.
  6. Add the minced lamb, salt, the turmeric, red chili powder, salt, and the paprika. Stir together.
  7. When oil is separated from the lamb, add in tomatoes, mushrooms, peas and Life is a Recipe® Garam Masala.
  8. Cover and allow the ingredients to marry.
  9. Allow the lamb to cook for 20-25 minutes.
  10. Serve on a bed of spaghetti and garnish with fresh cilantro.