## LAMB MEATBALLS

1lb ground lamb  
3/4 c. milk  
1/2 c. dry bread crumbs  
1-2 cloves garlic (crushed or minced)  
1/2 c. chopped onion  
1 tsp seasoned salt  
1/2 tsp pepper  
1 egg beaten  

Mix dry bread crumbs into milk and add garlic to this mixture. Combine lamb, onion and seasonings. Add milk mixture and mix. Add egg and mix. Fry or bake.

## BASTING SAUCE/MARINADE

1/2 c. red wine vinegar  
1/2 c lemon juice  
1/4 c. soy sauce  
1/4-1/2 c. oil  
2 cloves garlic (crushed or minced)  
Seasoning salt & pepper  
Any herbs you like (opt)

## LAMB FAJITAS

Lean Lamb cut into strips  
Soak lamb in soda water 15 min. at room temp. Rinse with cold water pat dry. Fry in small amount of oil, add peppers and onions. Cook until tender. Serve on warm tortillas.  
*SNote – the soda water helps prevent the meat from seizing up and keeps it moist.*

** Lean lamb cut into strips  
1/2 tsp soda dissolved in 1/2 C water  
Sliced Onions  
Sliced peppers  
Fajita seasoning

## SIMPLE LAMB STIR FRY

Lean lamb cut into strips  
1 pkg. frozen stir fry vegetables or cut up fresh vegise of your choice  
Fry lamb; add stir fry seasoning; add veggies and cook until done.

Serve on rice.