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Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!**

Red Pepper Lamb Kofta in a Rogan Josh Sauce

By News Canada

Red Pepper Lamb Kofta in a Rogan Josh Sauce

by: **News Canada**

1 lb ground lamb

1 small red pepper, finely chopped

1 tbsp Sharwood's Mild Curry Powder

Seasoning to taste

1 tbsp oil

1/3 jar Sharwood's Curry Stir Fry Sauce

4 oz can chopped tomatoes

1 tbsp Sharwood's Major Gray Mango Chutney

1 tbsp fresh cilantro for garnish

– News Canada

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Best Recipes: Spicy Vegetable Smoothie

By Donna Monday

Directions

Combine all ingredients in blender and blend until smooth. Chill for at least 30 minutes before serving.

<http://www.1st-milkshake-n-smoothie-recipes.com>

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