



Lamb Kabobs with Cumin

Ingredients:

- 1 pound Grow and Behold Pastured Ground Beef
- 1 pound Grow and Behold Pastured Ground Lamb
- 2 tablespoons ground cumin
- 1 large egg
- 3 tablespoons ketchup
- 1 tablespoon granulated garlic or 2-3 garlic cloves minced
- 1/2 teaspoon white pepper
- 1/2 teaspoon black pepper
- 1 tablespoon chopped fresh cilantro

Directions:

- Mix all ingredients together.
- Shape into cigars - oblongs shapes about 3" long.
- Juice one lemon over meat cigars before grilling.
- Heat grill to hot.
- Spray grate with grill spray.
- Grill cigars until done to your likeness (we recommend medium/rare)