

NEWS RELEASE
For Immediate Release
December 14, 2009
Calgary, Alberta

SAHARA ENERGY LTD.
(TSX Venture Exchange: SAH)
(U.S. Quotation: SAHRF)

Filing of Interim Financial Statements and MD&A

Calgary, Alberta (December 14, 2009) – Sahara Energy Ltd. (the “Corporation”) announces that has filed its unaudited interim financial statements, interim management discussion and analysis and certification of interim filings for the 1st quarter ended March 31, 2009, the 2nd quarter ended June 30, 2009, and the 3rd quarter ended September 30, 2009.

About Sahara Energy Ltd.

The Corporation is a junior oil and gas company focused on the exploration and development of oil and gas in Western Canada.

“Neither the TSX Venture Exchange nor its Regulation Services Provided (as that term is defined in the policies of the TSX Venture Exchange) accepts responsibility for the adequacy or accuracy of this release.”

FOR FURTHER INFORMATION, PLEASE CONTACT:

Peter J. Boswell
President
Sahara Energy Ltd.
Telephone: (403) 232-1359
Fax: (403) 232-1307
E-mail: pete@Saharaenergy.ca

READER ADVISORY

Certain statements regarding Sahara Energy Ltd., including management’s assessments of future plans and operations, may constitute forward-looking statements under applicable securities laws and necessarily involve known and unknown risks and uncertainties, most of which are beyond the Corporation’s control. These risks may cause actual financial and operating results, performance, levels of activity and achievements to differ materially from those expressed in, or implied by, such forward-looking statements.

Such factors include, but are not limited to: the impact of general economic conditions in Canada and the United States; industry conditions including changes in laws and regulations including adoption of new environmental laws and regulations, and changes in how they are interpreted and enforced; competition; the lack of availability of qualified personnel; fluctuations in commodity prices; the results of exploration and development drilling and related activities; imprecision in reserve estimates; the production and growth potential of the Corporation’s various assets; fluctuations in foreign exchange or interest rates; the ability to access sufficient capital from internal and external sources; and obtaining required approvals of regulatory authorities. Accordingly, the Corporation gives no assurance nor makes any representations or warranty that the expectations conveyed by the forward-looking statements will prove to be correct and actual results may differ materially from those anticipated in the forward-looking statements. The Corporation undertakes no obligation to publicly update or revise any forward-looking statements.