



FARMERS FEEDING UTAH

Ground Lamb

Ground Lamb can be a good substitute in recipes calling for ground beef or ground turkey. Lamb is mainly composed of protein. High-quality protein is the main nutritional component of lamb. It also contains varying amounts of fat — mostly saturated fat. Any cut can be processed into ground lamb. Ground lamb is very versatile and can be used in a variety of dishes.

BEST COOKING PROCEDURES

Ground Lamb can be a good substitute in recipes calling for ground beef or ground turkey. Since ground Lamb is high in saturated fats, drain the fat from the meat once it is browned to remove the saturated fats. Removing the saturated fats is good for your heart health.

Cook ground meat, to kill bacteria, to at least 160°F. Information from the [Centers for Disease Control and Prevention \(CDC\)](#) links eating undercooked ground beef with a higher risk of illness. Remember, color is not a reliable indicator of doneness. Use a food thermometer which measures the internal temperature of cooked meat, poultry and egg dishes, to make sure that the food is cooked to a safe internal temperature.

CLASSIC USES

- Lamb Burgers
- Shepard's Pie
- Lamb Taco Salad
- Three Bean Lamb Chili
- Lamb Philly Cheesesteak Meatloaf
- Cabbage Patch Lamb Stew
- Keema (Indian-style ground lamb)
- Greek Gyro Skillet
- Mediterranean Lamb Bowls



Recipes

Lamb Burger

Recipe from Create Better Health (SNAP-Ed)

INGREDIENTS

- ½ cup Greek low-fat yogurt
- ¼ cup crumbled feta cheese
- 2 teaspoons fresh chopped mint
- 1 teaspoon lemon juice
- Salt
- Pepper
- 1-pound ground lamb
- 1 tablespoon Worcestershire sauce
- ¼ red onion, diced
- ¼ red onion, thinly sliced into rounds
- Spinach or Arugula
- 4 hamburger buns

DIRECTIONS

- In a medium bowl, stir to combine yogurt, feta, mint, and lemon juice. Season with salt and pepper.
- Mix ground lamb with ¼ diced red onion and Worcestershire sauce.
- Divide ground lamb into 4 equally sized patties.
- Make an indent in the center with thumb and season each patty with salt and pepper.
- Grill burgers or broil in oven on a broil pan. Flip patties after they have cooked 6-8 minutes on each side. Cook until crisp on the outside. Check the temperature of lamb burgers. Burgers should get up to 160 degrees F.
- Spread each top and bottom bun with yogurt sauce. Place burger on bottom bun. Top each lamb burger patty with red onion, spinach or arugula and top bun.

Recipes

Greek Gyro Skillet

Recipe from Create Better Health (SNAP-Ed)

INGREDIENTS

- 1 teaspoon olive oil
- ¼ cup onion, diced
- 2 cloves garlic, minced
- 1-pound ground lamb
- 1 cup zucchini, diced
- ½ teaspoon salt
- ½ teaspoon pepper
- ½ teaspoon dried oregano
- ½ teaspoon dried basil
- ¼ teaspoon dried dill weed
- ¼ teaspoon dried parsley
- ¼ teaspoon dried marjoram
- ¼ teaspoon thyme
- ¼ teaspoon cinnamon
- ¼ teaspoon nutmeg
- 32 ounces vegetable broth
- 2 cups rice
- ½ cup tomato, diced
- ½ cup olives, chopped
- ¼ cup Feta cheese, crumbled

DIRECTIONS

- Heat a large skillet over medium heat. Add oil and onions.
- Cook onions until they are soft and translucent. Stir in garlic.
- Add ground lamb. Cook and crumble until lamb is no longer pink.
- Add zucchini and cook for just 3-4 minutes or until zucchini begins to soften.
- Sprinkle in salt, pepper, and Greek seasoning; stir.
- Add vegetable broth to vegetable mixture and bring to a low boil.
- Stir in rice, cover and reduce heat. Cook rice for 35-50 minutes or until it is fluffy and liquid has been absorbed.
- Remove from heat.
- Stir in tomatoes and olives and feta cheese.