



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 Meatballs

Recipe from Create Better Health (SNAP-Ed)

INGREDIENTS

- 1 lb. ground lamb
- 1 egg
- 1/3 cup breadcrumbs
- ¼ cup onion, chopped
- ¼ cup feta cheese
- 2 tablespoons mint, chopped
- 2 tablespoons cilantro, chopped
- 1 tablespoon cumin powder
- 1 teaspoon chili powder
- ½ teaspoon salt
- ⅛ teaspoon black pepper
- 1 teaspoon garlic, minced
- Non-stick pan spray
- Fresh lemon

DIRECTIONS

- Mix lamb, egg, breadcrumbs, onion, feta cheese, mint, cilantro, cumin, chili powder, salt, pepper, and garlic together well and roll into 1-inch balls. Makes 24 meatballs.
- Preheat oven on broiler.
- Lightly spray baking sheet with nonstick cooking spray.
- Place meatballs two inches apart on the baking sheet and position the baking sheet 4 inches from the heat source.
- Broil for about 5-8 minutes, turning once halfway through. Keep an eye on them, they will cook fast.
- Remove from heat and arrange on serving platter.
- Squeeze fresh lemon juice over the top.
- Serve in Pita or over noodles with Tzatziki sauce.

Recipes

Lamb Ragu

Recipe from Create Better Health (SNAP-Ed)

Prep Time 15 minutes

Cook Time 1 hour and 20 minutes

Total Time 1 hour and 35 minutes

Servings 8

INGREDIENTS

- 2 lbs. ground lamb
- 1 onion, chopped
- 2 medium carrots, peeled and diced
- 2 stalks celery, chopped
- 2 cloves garlic, minced
- 2 tablespoons tomato paste
- ½ cup grape juice
- 2 (28-oz.) cans crushed tomatoes
- 1 teaspoon thyme
- 1teaspoon rosemary
- 1 teaspoon oregano
- ¼ teaspoon crushed red pepper flakes
- Salt and pepper to taste
- Cooked Pasta

DIRECTIONS

- In a large pot over medium-heat, add lamb and cook, breaking apart lamb as it cooks, until no longer pink, about 6 minutes.
- In a colander, drain and rinse fat from lamb. Place lamb back in pot. Add onions, carrots, and celery and cook until soft, 5 minutes.
- Add garlic and tomato paste and cook a minute or more.
- Add grape juice and cook until mostly reduced, 5 minutes more.
- Add tomatoes, and then fill each can ¼ cup water and swirl around to catch any juices and add to pot.
- Add herbs, red pepper flakes and season with salt and pepper.
- Bring to a boil, then reduce heat and let simmer for 1 hour. Season with more salt and pepper if needed.
- Serve over cooked pasta.