



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 meat 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 Philly Cheesesteak Meatloaf

Recipe from Create Better Health (SNAP-Ed)

INGREDIENTS

- 1 tablespoon olive oil
- 1 small yellow onion, chopped
- 1 small green bell pepper, diced
- 1 cup mushrooms, minced
- ½ teaspoon salt (optional)
- ½ teaspoon pepper
- 2 pounds lean ground lamb
- 2 tablespoons ketchup
- 2 tablespoons Worcestershire sauce
- 2 eggs
- 1 cup breadcrumbs
- 8 ounces Provolone or Swiss cheese slices

DIRECTIONS

- Preheat oven to 375 degrees F.
- Spray a large loaf pan with non-stick cooking spray.
- Heat oil in a large skillet. Add the onions, peppers, mushrooms, salt, pepper. Cook until softened, 3-4 minutes. Let cool 5 minutes.
- In a large bowl, add the ground lamb, ketchup, Worcestershire sauce, eggs, breadcrumbs, and cooled vegetables.
- Add half the mixture to the loaf pan. Top with half of the cheese to the middle of the pan in a 2-inch wide section. Cover with the rest of the lamb mixture and form into a rounded top loaf shape.
- Cook for 40 minutes, and then pull out of the oven. Cover with remaining cheese and place back in the oven. Cook an additional 15-20 minutes. Let rest 10 minutes before cutting.

Recipes

Cabbage Patch Lamb Stew

Recipe from Create Better Health (SNAP-Ed)

INGREDIENTS

- ½ pound lean ground lamb
- 1 large onion, chopped
- 1 cup chopped celery
- 2 cups shredded cabbage
- 1 tablespoon Worcestershire sauce
- 2 teaspoon chili powder
- 1 teaspoon garlic powder
- ¼ teaspoon cumin
- 2 cups water
- 1 tablespoon sugar
- 1 (15 oz.) can kidney beans
- 2 (15 oz.) cans Mexican-stewed tomatoes

DIRECTIONS

- In a large pan, brown ground lamb. Use a colander to rinse fat from lamb.
- Return lamb to pan. Add onion, celery, and cabbage.
- Cook until vegetables are clear or wilted, about 3-5 minutes. Add remaining ingredients. Simmer uncovered for 30 minutes.