



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

Shepherd's Pie

Recipe from Create Better Health (SNAP-Ed)

INGREDIENTS

- 2 Tablespoon canola oil
- 1 cup chopped onion
- 2 cloves garlic, minced
- 1 lb. ground lamb
- 1 teaspoon salt
- ½ teaspoon black pepper
- 2 tablespoons all-purpose flour
- 1 tablespoon tomato paste
- 1 cup low-sodium chicken broth
- 1 teaspoon Worcestershire sauce
- 1 ½ teaspoon rosemary
- 1 tsp thyme
- 2/3 cup frozen corn kernels
- 1 ½ cups peas and carrots
- 3 cups mashed potatoes

DIRECTIONS

- Preheat oven to 400 degrees F.
- Add oil to a large pan and heat to medium high heat. Add onion and cook until they become translucent. Next add the garlic combining it with the onion. Add the lamb, salt, and pepper. Cook until browned. Drain fat off the meat and discard. Sprinkle flour and mix it with the meat. Cook for another minute. Stir in tomato paste, chicken broth, Worcestershire sauce, rosemary, and thyme. Bring to a boil. Once boiling reduce it to low as let it simmer for about 10 minutes. Mix in the corn, peas, and carrots. Remove from heat.
- Add the filling mixture to a 11 by 7-inch glass baking dish. Cover filling with Potatoes. Try to seal the edges with potatoes to keep the filling from boiling out. Smooth out the mashed potatoes so it covers the filling. Place the baking dish on a sheet pan (to catch any drips). Tip: cover the sheet pan in foil for easy clean up. Bake for 25 minutes. Let it cool for about 15 minutes before serving.

Recipes

Mashed Potatoes

Recipe from Create Better Health (SNAP-Ed)

INGREDIENTS

- 1 ½ pounds russet potatoes
- ¼ cup low-fat milk
- 3 tablespoons butter
- ¾ teaspoon salt
- ¼ teaspoon black pepper

DIRECTIONS

- Scrub the potatoes and dice them into ½-inch pieces. Add to a medium saucepan and cover with water. Set to high heat, cover, and bring to a boil. After it begins to boil, uncover and lower heat to medium-low. It just needs to be high enough to keep the water simmering. Cook until the potato is soft enough to easily smash, about 10 minutes.
- Drain the potatoes in a colander and return to the saucepan. Add the butter, milk, salt, and pepper to the potatoes and mash until relatively smooth (with the skins, it won't be completely smooth).