



# 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

## Three Bean Lamb Chili

Recipe from Create Better Health (SNAP-Ed)

### INGREDIENTS

- ½ pound ground lamb
- ½ cup chopped onion
- 2 cloves garlic, minced
- 1 tablespoon dried oregano
- ½ teaspoon cumin
- 1 green bell pepper, diced
- 1 jalapeno, minced (optional)
- 1 (28 oz.) can low-sodium tomatoes
- 3-5 cups water
- 1 (15 oz.) can low-sodium kidney beans
- 1 (15 oz.) can low-sodium black beans
- 1 (15 oz.) can low-sodium garbanzo beans
- 1 (15 oz.) no salt added corn
- 2 tablespoon chili powder

### DIRECTIONS

In a large pot, brown ground lamb. Use a colander to rinse fat from lamb. Return lamb to pan. Add onion, garlic, oregano, and cumin to the pot and cook 2-3 minutes on medium heat, stirring occasionally. Add peppers to the pot. Cook an additional 3-5 minutes. Drain and rinse beans and corn. Add beans, corn, tomatoes, and chili powder to the pot. Add enough water to bring the chili to desired thickness. Bring to a boil. Reduce heat and simmer 30-45 minutes.

# Recipes

## Lamb Taco Salad

Recipe from Create Better Health (SNAP-Ed)

### INGREDIENTS

- ½ pound ground lamb
- 1 onion, chopped
- 2 cups frozen corn
- 1 (15 oz.) can kidney or pinto beans, drained
- 3 large tomatoes, diced
- 1 cup cooked brown rice
- 1-2 teaspoons chili powder
- 1 teaspoon dried oregano
- 1 head romaine lettuce, chopped
- ¼ cup fresh cilantro, chopped
- ½ cup salsa
- Crumbled tortilla chips
- Shredded cheese
- Lime wedges
- Sour cream or Greek yogurt

### DIRECTIONS

In a skillet, brown ground lamb. Use a colander to rinse fat from the lamb. Return lamb to skillet. Add onion and cook until onion begins to brown, about 5 minutes. Add the corn and beans. Cook and stir until heated through, about 5 minutes. Remove from heat and add diced tomatoes, rice, chili powder, and oregano. Stir to combine. Toss lettuce into a large bowl with the lamb/beans/rice mixture. Top with salsa and cilantro. Serve sprinkled with tortilla chips and cheese, with lime wedges, salsa, and sour cream.