

Ground Lamb



Description

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.

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

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.



Lamb Ragu



Prep Time: 15 minutes
Cook Time: 1 hour 20 minutes
Total Time: 1 hour 35 minutes

Ingredients

- 2 pounds ground lamb
- 1 onion, chopped
- 2 medium carrots, peeled and diced
- 2 stalks celery, chopped
- 2 cloves garlic, minced
- 2 tablespoons tomato paste
- 1/2 cup grape juice
- 2 (28 ounce) cans crushed tomatoes
- 1 teaspoon thyme
- 1 teaspoon rosemary
- 1 teaspoon oregano
- 1/4 teaspoon crushed red pepper flakes
- salt and pepper
- cooked pasta for serving

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 1/4 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.

Yield: 8 servings

(Recipe from *Create Better Health Utah SNAP-Ed*)

