

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.



Spiced Rice



Ingredients

- 1 1/4 cups brown rice
- 3 cups chicken broth or water
- 1/2 teaspoon salt
- 1 teaspoon turmeric
- 1 tablespoon butter
- 1 tablespoon olive oil
- 1/4 cup onion, diced
- 2 teaspoons garlic, minced
- 1 bay leaf

Directions

Rinse rice until water runs clear, then drain. In a medium saucepan over medium heat, add olive oil and butter. When butter is melted, add onion and garlic, sauté until softened.

Add rice and turmeric. Stir until combined. Add chicken broth or water and bay leaf, cover pan. Increase heat and bring to a boil.

Place lid on pan and reduce heat, allow to simmer 45- 50 minutes, or until liquid is absorbed. Remove from heat and allow to sit for 5 minutes.

Remove bay leaf, fluff with a fork and serve in bowls with Mediterranean lamb, vegetables, and yogurt mint sauce

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

