

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.



Three Bean Lamb Chili



Ingredients

- 1/2 pound ground lamb
- 1/2 cup chopped onion
- 2 cloves garlic, minced
- 1 tablespoon dried oregano
- 1/2 teaspoon cumin
- 1 green bell pepper, diced
- 1 jalapeno, minced (optional)
- 1 (28 ounce) can low-sodium tomatoes
- 3-5 cups water
- 1 (15 ounce) can low-sodium kidney beans
- 1 (15 ounce) can low-sodium black beans
- 1 (15 ounce) can low-sodium garbanzo beans
- 1 (15 ounce) can 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.

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

