

a month of enlightening VSU's community about the great taste of lamb and mutton

Did you know? Lamb is quite healthy for you. For those of us concerned about Diabetes, the **American Diabetes Association** suggests lamb meat as a **"Best Protein Choice,"** with chops, legs, or a roast as recommended cuts. As far as serving size, fill ¼ of your meal plate with lamb (3-4 ounces). If you are making a casserole type dish, then a 1 cup serving counts as your meat and starch.



Lamb Chili *Serves 6*

2 pounds lamb stew meat, cut into chunks
Salt and pepper to taste
1 tablespoon cooking oil
1 green bell pepper, cored, seeded and chopped
1 red bell pepper, cored, seeded and chopped
1 medium yellow onion, chopped
1 jalapeño pepper, seeded and chopped
2 cloves garlic, finely chopped
1 ½ tablespoons chili powder
½ teaspoon dried oregano
¼ teaspoon ground nutmeg

½ teaspoon ground cumin
1 cup low-sodium chicken broth
1 tablespoon Worcestershire sauce
1/2 tablespoon honey
1 (14.5-ounce) can crushed fire roasted tomatoes
1 dried bay leaf
1 (15-ounce) can black beans, drained and rinsed
1 (15-ounce) can red kidney beans, drained and rinsed
1/2 bunch green onions, green parts only, thinly sliced
3 tablespoons chopped cilantro

In a large bowl, season lamb all over with salt and pepper. In a large pot, heat oil over medium heat. Working in batches, add lamb and cook about 2 minutes per side, until golden brown. Transfer lamb to a large plate as done. Discard excess fat leaving only about 1 tablespoon in the pot. Bring pot back to medium heat, add green bell peppers, red bell peppers, and onions and cook for 5 minutes. Add jalapeño, cook for 3 minutes. Add garlic, cook 1 minute, mix in chili powder, oregano, nutmeg, cumin. Stir mixture for 1 minute. Return lamb to pot. Add broth, Worcestershire sauce, honey, tomatoes, and bay leaf. Turn heat to medium high and, keep stirring and bring to a boil. Once boiling, taste sauce and add salt and pepper to taste. Lower heat and bring to a simmer, cover pot and cook for 30 minutes. Add beans and simmer until beans are warmed throughout. Serve with garnish of green onions and chopped cilantro.

Lamb Meatballs, *Makes 30 meatballs*

1 pound ground lamb
1 medium sweet onion, diced fine
½ teaspoon cinnamon
1/2 teaspoon allspice
1/2 teaspoon cumin
1/2 teaspoon coriander
1 tablespoon dried parsley (or equivalent fresh)

4 tablespoons breadcrumbs
¼ cup raisins, chopped very finely
For Sauce:
3 tablespoons tomato sauce
¼ cup favorite wine
1 garlic clove, chopped finely
¼ teaspoon cinnamon

Mix ingredients together. Form 30 meatballs. Cook in batches in a heavy skillet in olive oil for 8-10 minutes, until golden brown in color. For sauce: Mix tomato sauce, wine, garlic, and cinnamon into the skillet. Cook and stir until well blended and heated through. Drizzle over the meatballs and serve additional sauce on the side.

Lamb Sliders with Barbecue Sauce, *Makes 8 sliders*

1 pound ground lamb
1 teaspoon salt
1 teaspoon black pepper
1 teaspoon cumin
1 teaspoon chili powder
1 tablespoon Worcestershire sauce
Your favorite Barbecue Sauce
Slider rolls

Additional Barbecue Sauce
Fried onion strings, like French's
Sharp cheddar cheese
Lettuce greens

Gently mix lamb, seasonings, and Worcestershire sauce. Form meat into 8 small patties, about 2 inches in diameter.

Heat cooking oil in skillet until sizzling, add the sliders and let cook for 3-4 minutes, or until seared. Flip and grill for another 2 minutes. If working indoors, move sliders to a foil-lined baking sheet and baste with sauce and place cheese on top. Place in preheated 350 degree oven for 8-10 minutes, until cheese is melted. Assemble sliders on slider roll, top with more barbecue sauce, greens, and crispy onions. Enjoy

Lamb Nutrition <http://www.leanonlamb.com>

- Recent research suggests that eating protein can help preserve lean body mass when you're trying to lose weight. An average 3-ounce serving of lamb, which has 175 calories and meets nearly half of your daily protein needs, encourages feelings of fullness that may prevent overeating, a combination key to weight management.
- No artificial or synthetic growth hormones are used in lamb production in the United States.
- 40% of the fat in lean cuts of lamb is monounsaturated, the same kind of fat found in olive oil.
- A 3-ounce serving of lamb provides nearly five times the essential omega-3 fatty acids and alpha linoleic acid of a 3-ounce serving of beef. Three ounces of lamb fits easily within the daily fat, saturated fat and cholesterol recommendations of the Dietary Guidelines for Americans.
- On average, 3-ounces of lamb fits easily within the daily fat, saturated fat and cholesterol recommendations of the Dietary Guidelines for Americans.
- On average, 3-ounce serving of lamb meets the Food and Drug Administration's (FDA) definition for lean meat: fewer than 10 grams of fat, 4.5 grams of saturated fat, and 95 milligrams of cholesterol per 100 grams, or 3.5 ounces.

More Interesting Things about Sheep <http://www.sciencekids.co.nz/sciencefacts/animals/sheep.html>

- A sheep's field of vision is 300 degrees. They can see behind themselves without having to turn their head.
- Adult female sheep are known as ewes.
- Adult male sheep are known as rams.
- A group of sheep is known as a herd, flock or mob.
- Young sheep are called lambs.
- Sheep are herbivores eating vegetation such as grass.
- The digestive system of sheep features four chambers which help break down what they eat.
- Sheep like to stay close to others in a herd which makes them easier to move together to new pastures.