

Cooking Corner Tips To Help You

Get The Skinny On An American Lamb Comfort Food Favorite *Lean Lamb Gives Hearty Chili A Healthy Makeover*

(NAPSA)—Lamb brings both flavor and nutrition to the table with a slimmed-down recipe for one of America's comfort food staples: chili. Perfect for today's healthy lifestyles, lamb is rich in protein, iron, B vitamins and zinc. With less than 175 calories per average 3-ounce portion and low saturated fat content, lamb's succulent flavor brings much-needed pleasure to healthy eating.

Celebrated Texas-based chef Tim Love is a veritable meat master and uses a variety of cuts of lamb to revamp comfort food favorites including traditional chili because "American Lamb is especially juicy and flavorful; it's my secret ingredient to creating easy-to-make dishes that never fail to impress."

Chef Tim Love's Spicy Lamb Chili

One of America's most beloved recipes gets spiced up with ground lamb.

(Serves 6)

Ingredients

- 2 tablespoons olive oil**
- 1 medium onion, diced**
- 1 lb. lean ground American Lamb**
- 3 cloves garlic, minced**
- 1 teaspoon red pepper flakes**
- 1 teaspoon dried oregano**
- 1 teaspoon cumin**
- ½ teaspoon allspice**
- ¼ teaspoon cinnamon**
- 4 tablespoons chili powder**
- 1 bay leaf**

Salt and pepper



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- 1 (14½-ounce) can diced tomatoes with juice**
- 3 cups canned kidney beans**

Dry Jack cheese, for garnish
Chopped onion, for garnish

Procedure

1. In a large heavy-bottom stockpot, heat olive oil and cook onions and ground lamb over medium heat.

2. When onions are soft and meat browned, add garlic and season with red pepper flakes, oregano, cumin, allspice, cinnamon, chili powder and bay leaf, and salt and pepper to taste. Sauté for 1 to 2 minutes.

3. Add tomatoes and beans and bring soup to a boil. Reduce heat and simmer for 15 minutes.

4. To serve: Ladle into bowls and garnish with toppings.

For more delicious recipes, visit www.americanlambboard.org.