



Red Chile Lamb Barbacoa

A Nutritious Choice

American Lamb is a flavorful, nutrient-rich food and an excellent source of Vitamin B12, niacin, zinc and selenium. Lamb is an all-natural product, raised without hormones.*

- Forty percent 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.
- 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 U.S. Lean, satisfying, nutritious: American Lamb is nutritious and satisfying.

FDA DEFINITION OF LEAN (PER 100 GRAMS OR 3.5 OUNCES)
< 10g. TOTAL FAT
< 4.5 SATURATED FAT
< 100mg. CHOLESTEROL
AVERAGE VALUE FOR 3oz. COOKED PORTION OF LAMB
8g. TOTAL FAT
3g. SATURATED FAT
< 100mg. CHOLESTEROL
80mg. CHOLESTEROL

Source: USDA National Nutrient Database for Standard Reference

It's a responsible choice you can feel good about.

*Although growth hormones are not used in lamb production in the U.S., they are legal to use.



Local flavor World-class taste



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homegrown flavor.

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1-866-327-LAMB (5262)

Green Chile Lamb Albondigas in Salsa Verde

8 servings

Preparation time: 15 minutes

Cook time: 30 minutes

Green Chile Sauce	Meatballs
1 can (28 ounces) tomatillos, drained	2 pounds ground American Lamb
1/2 cup chopped onion	2 eggs
1/4 cup chopped roasted green chiles, Anaheim or Poblano	2/3 cup dry bread crumbs
1 cup chicken broth	1/2 cup finely chopped roasted green chiles
	2 teaspoons cumin
	2 teaspoons kosher salt
	Chopped cilantro, optional

Preheat oven to 400 degrees.

In a blender combine the tomatillos, onion, chiles and chicken broth. Blend until pureed. Transfer the sauce to a casserole or Dutch oven. Bring the sauce to a boil then reduce the heat and simmer for 10 minutes.

While sauce is cooking combine the lamb, eggs, bread crumbs, green chiles, cumin and salt in a mixing bowl. Mix together with your hands until well blended and form about 50 meatballs of equal size using a tablespoon. Place the meatballs on a nonstick or greased rimmed baking sheet and bake for 15 minutes, until brown and fully cooked.

Add the meatballs to the sauce and simmer for 2 minutes or until well coated. Garnish with cilantro if desired. Serve with rice or tortillas.



Green Chile Lamb Albondigas in Salsa Verde

Red Chile Lamb Barbacoa

8 servings

Preparation time: 15 minutes

Cook time: 3-4 hours

2 guajillo chiles	1 tablespoon apple cider vinegar
2 ancho chiles	
1 garlic clove	1/2 cup water, or more as necessary
1 teaspoon kosher salt	
1 teaspoon dried Mexican oregano	2-3 pounds boneless leg of American Lamb, trimmed of most visible fat
1 teaspoon cumin	
1 1/2 teaspoons piloncillo or brown sugar	

Preheat oven to 325 degrees.

Rip open the chiles and remove the seeds, veins and stems. Heat a large skillet over medium-low, add the chiles and toast them in the dry pan, turning them over until they are fragrant, about one minute. Transfer chiles to a saucepan with enough water to cover chiles and bring to a boil, then cover with a lid and let rest for 10 minutes or until the chiles are soft. Drain the chiles and discard water.

Combine the drained chiles, garlic, salt, oregano, cumin, honey, apple cider and water in a blender and puree until the mixture is thick but smooth.

Pour some of the chile sauce into a large Dutch oven or ovenproof casserole with a lid and top with the meat. Rub the lamb with enough chile sauce to generously coat it. Close the lid and transfer to the oven immediately. Bake the lamb for 3 - 4 hours or until meat is very tender. Alternatively, you can marinate overnight in the refrigerator and bake the next day.

Remove the casserole from the oven and let the meat cool. Coarsely shred the meat with forks, discarding any visible fat. Serve with corn tortillas, avocado and salsa or any remaining chile sauce.