

# Home on The Range

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## LAMB STEW

1-1/2 pounds lean boneless lamb shoulder, cut into one-inch cubes  
3 cups water  
1 clove garlic, minced  
2 teaspoons salt  
1/4 teaspoon pepper

4 carrots, cut in two-inch lengths  
6 tiny onions  
3 small potatoes, halved  
10 ounces frozen peas  
2 tablespoons minced parsley  
Flour meat; brown in small amount of hot fat. Add next four ingredients. Cover; simmer (don't boil)

one and one-half hours or until meat is almost tender. Add carrots, onions, and potatoes. Cook until done, about 20 minutes. Add peas and parsley the last eight minutes, so that they can warm up. Season to taste. Makes five to six servings.

Sylvia Quesenberry  
Blain, Pa.

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## NOODLE-RICE LAMB-PILAF

1/2 cup fine noodles  
2 tablespoons butter or margarine  
1 cup rice  
2-1/2 cups hot chicken broth or water  
1/2 to one teaspoon salt  
1 cup minced cooked lamb  
1 rib celery, minced  
1 carrot, minced or shredded  
1/2 cup raisins  
Saute noodles in butter in three-quart heavy saucepan over low heat, stirring constantly, until golden. Add

rice, broth, and salt; bring to boil, stir once, cover and simmer 16 minutes or until rice is almost tender and most of the liquid is absorbed. Stir in lamb, celery, and raisins. Cover and simmer two minutes longer or until lamb is heated, rice is tender, and vegetables are crisp-tender. Makes four servings. Note: if desired, use one package (9 ounces) rice-pilaf mix, following package directions. When rice is almost tender, stir in lamb, celery, carrot, and raisins, and continue as above.

Lamb Education Center  
Denver, Colo.

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## LAMB AND RICE IN GREEN-PEPPER HALVES

1 can (15 ounces) tomato sauce  
1 cup water  
1 clove garlic, minced or crushed  
1 teaspoon salt

1/2 to one teaspoon basil or preferred herb  
1/4 teaspoon pepper  
2 cups ground or minced cooked lamb  
1 cup cooked rice  
4 medium green peppers, halved lengthwise and seeded

Stir together tomato sauce, water, garlic, salt, basil, and pepper. Combine lamb and rice and stir in about 1/4 cup sauce or enough to moisten. Place pepper halves in 12x8x2-inch baking dish and fill with lamb-rice mixture. Pour remaining sauce on and around peppers, cover and bake in 375 degrees F. oven 35 to 40 minutes or until peppers are tender. Makes four servings. To cook in microwave oven, prepare as above, reducing water to 1/2 cup. Put filled pepper halves in 12x8x2-inch glass baking dish and cook

eight minutes. Cover with remaining sauce and cook 10 to 15 minutes or until peppers are tender.

## ALMOND LAMB SALAD

2 cups cooked diced lamb  
1/2 cup slivered almonds, toasted  
1 1/2 cup diced celery  
1 cup salad dressing or mayonnaise  
2 tablespoon lemon juice  
1 teaspoon salt  
Combine lamb, almonds and celery. Mix together remaining ingredients Add dressing to lamb and mix well. Serve chilled. Note: If desired, serve warm. Grate cheese over top. Crumble potato chips, sprinkle over all. Place in 350 degree F. oven until heated through, about 20 minutes. Serves four to five.

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## LAMB AND VEGETABLE SKILLET

1/4 cup butter  
1 medium-sized onion, sliced  
1/2 cup chopped green pepper  
1 cup sliced mushrooms  
2 cups diced cooked lamb  
1 can (10 1/2 oz.) condensed cream of mushroom soup  
1 can (12 oz.) whole kernel corn  
1 package (10 oz.) frozen cut green beans  
2 tablespoons diced canned pimiento  
Salt and pepper  
Melt butter. Add onion, green pepper, and mushrooms and cook over low heat five minutes. Add lamb, condensed soup, undrained corn; mix well. Cover and cook over low heat 10 minutes, stirring occasionally. Add beans, pimiento and salt and pepper; mix well. Cover and cook 10 minutes or until beans are tender, stirring occasionally. Serves four

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## LAMB STUFFED PEPPERS

4 large green peppers  
2 tablespoons olive or salad oil  
1/4 cup chopped onion  
1/4 cup cooked diced carrots  
3 cup cooked rice  
1 1/2 cup diced cooked lamb  
1 can (8 oz.) tomato sauce  
1 teaspoon garlic salt  
1/2 teaspoon oregano  
Salt and pepper to taste  
Cut tops from green peppers. Remove seeds and

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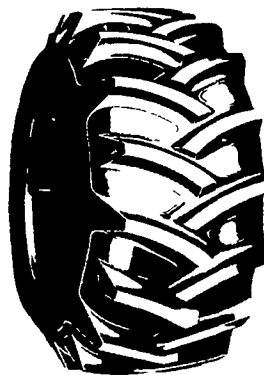
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