

## Lamb Pilaf

*Basmati rice makes wonderful pilaf, but long-grain rice can be substituted. If the tomatoes are very juicy, drain them before adding to the pilaf; otherwise, the additional liquid from the tomatoes may make the rice too mushy. If pairing with wine, optional cayenne can be sparingly added with the lamb.*

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### INGREDIENTS:

- ☐ 2-3 tablespoons olive oil + more as needed
  - ☐ 1 pound lean ground lamb
  - ☐ Kosher salt and pepper
  - ☐ 1 yellow onion, finely chopped (about 2 cups)
  - ☐ 1 green bell pepper, seeded, deribbed and finely chopped (about 1½ cups)
  - ☐ 1 bay leaf
  - ☐ 2 teaspoons brown mustard seed
  - ☐ 1 teaspoon whole cumin seed
  - ☐ 2-3 teaspoons minced garlic
  - ☐ 1 cup basmati rice
  - ☐ 2 tablespoons unsalted butter
  - ☐ ¾ cup dry, unoaked white wine
  - ☐ 1¼ cups chicken broth
  - ☐ Several pinches of cayenne (optional)
  - ☐ 4 Roma tomatoes, finely diced (about 2 cups)
  - ☐ Chopped parsley for garnish (optional)
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**INSTRUCTIONS:** Heat 1 tablespoon of the oil in a skillet over medium to medium-high heat. Add the lamb, season with salt and pepper

and quickly brown. Transfer the lamb to a bowl and set aside. Discard any excess fat in the skillet.

Add another tablespoon of oil to the skillet. When hot, add the onion, bell pepper, bay leaf, mustard seed and cumin. Saute until the vegetables are soft and aromatic. Add the garlic, rice, butter and more oil if needed. Saute until the rice is translucent.

Deglaze the skillet with the wine and cook until wine is reduced to almost dry. Add the broth and return the lamb to the skillet. Add cayenne if using, and season to taste with salt and pepper. Bring to a simmer, reduce heat to low, cover tightly and cook for 20 minutes, until the rice is tender. Remove from heat. Fold in the tomatoes, cover and set aside for 5 minutes. Taste and adjust seasoning. Serve garnished with parsley, if desired.

Serves 4-6

**PER SERVING:** 390 calories, 18 g protein, 36 g carbohydrate, 18 g fat (8 g saturated), 60 mg cholesterol, 259 mg sodium, 3 g fiber.