

SOUTHWESTERN SHEPHERD'S PIE

- 1 lb. ground lamb
- 1 can (16 oz) Mexican style diced tomatoes
- 1 pkg. taco seasoning
- ½ tsp. ground cinnamon
- 1 Tbsp. chopped green jalapeno
- ½ cup corn (frozen or canned)
- ½ cup black beans, rinsed
- ¼ cup fresh cilantro (or 2-3 Tbsp. dried Cilantro)
- 1½ lbs. yams, peeled and cut into chunks (can also use potatoes)
- 2 Tbsp. butter
- ½ cup milk

Brown lamb, drain. Add tomatoes, taco seasoning, cinnamon, jalapeno, corn and black beans, and simmer until liquid reduces, about 15 minutes. Add cilantro and spoon into a 7" x 11" baking dish.

Place yams in a saucepan with water to cover. Bring to a boil, reduce heat and simmer until fork tender. Drain; mash with butter and milk. Spread mashed yams over meat mixture. Bake in a 400°F oven until brown, about 30 minutes. Serves 4

LAMB TACO SOUP

- 1 lb. lean ground lamb
- 1 cup chopped onion
- 1 16 oz. can tomatoes (with liquid)
- 1 16 oz. can whole kernel corn (with liquid)
- 1 16 oz. can kidney or black beans (with liquid)
- 1 8 oz. can tomato sauce
- 1 1.25 oz. package taco seasoning

Garnish: tortilla chips, cheddar cheese, avocado, sliced olives, sour cream

Brown burger in large stockpot. Add onion and blend. Add tomatoes, corn, beans, tomato sauce & taco seasoning. Bring to a boil. Cover & simmer 15 minutes.

Crumble chips in bottom of bowl, add soup, garnish with cheese, avocados, olives and sour cream. Serve with warm cornbread. Serves 2-4

Note: recipe doubles easily.

GREEK CASSEROLE

- 1 lb. ground lamb
- 7 oz. thawed frozen chopped spinach
- 1 small onion, chopped
- 6 oz. pasta, cooked
- 2 cups milk
- ¼ cup flour
- ¼ cup butter
- 4 oz. pkg. crumbled feta cheese with herbs

Brown lamb and onion; drain. Cook pasta until just tender. Melt butter in saucepan, blend in flour, stir in milk and cook over medium heat until thickened. Squeeze excess water from spinach and stir into white sauce. Combine lamb and pasta with sauce. Stir in feta cheese.

Place in greased 9" x 13" baking dish. Bake at 350°F for 30 minutes.