

Slow Cooker Cumin Lamb with Stir Fried Vegetables & Steamed Rice

4 SERVINGS | HANDS ON TIME: 30 minutes | TOTAL TIME: 6-9 hours

Hudspeth River Ranch Lamb Stew, thawed
Johnson's Backyard Garden Carrots, washed, stem and root end trimmed, peeled (optional)
Johnson's Backyard Garden Turnips, washed, root end trimmed, peeled
Gray Gardens Green onions, washed, root end trimmed
Gulf Pacific White Rice
Farmhouse Kitchen Cumin Sauce
Sea salt and fresh cracked black pepper
Olive or vegetable oil

Notes: A 2-3.5 quart slow cooker is recommended. The cook time will vary depending on whether you choose cook over low or high heat, as well as the brand of slow cooker. If you prefer, you can skip the searing instructions in Step 1 and place the meat and sauce directly into the slow cooker insert.

MORNING

STEP 1 Place a large pan over medium-high heat. As the pan is heating, pat the lamb dry with paper towels. Cut any larger pieces of lamb in half so that all pieces are roughly the same size, about 1". Season with 1 tsp. salt and pepper. When the pan is hot, add 1-2 tbsp. oil and the lamb in a single layer. Brown the lamb on all sides, about 5-7 minutes. Turn off the heat and transfer the lamb to the slow cooker. (You may need to brown the lamb in batches depending on the size of your pan. Add the first batch to the slow cooker before searing the next batch.)

STEP 2 Carefully pour the cumin sauce into the hot skillet to deglaze. Use a wooden spoon to scrape up the flavorful crust that has developed. Transfer the sauce from the skillet to the slow cooker and stir. Set the temperature to low and cook for 8 hours or set to high and cook for 5 hours. After slow cooking, the lamb should be tender and easily cut with a fork. Adjust heat to warm until ready to serve.

EVENING

STEP 3 About 30 minutes before the lamb is ready, steam the rice. Bring 1 cup of water, a pinch of salt, and 2 tsp. of oil to a boil in a medium saucepan. Once the water reaches a boil, add rice, stir once and cover. Reduce heat to low and cook for 20 minutes. After 20 minutes, remove from heat and keep covered for 10 more minutes. Fluff the rice with a fork and cover to keep warm until ready to serve.

STEP 4 Next, prepare the vegetables. Chop the green onions into batons, about 1". Set aside. Chop the carrots and turnips into batons about the same size as the green onions, 1" long and ¼" thick. Set aside.

STEP 5 Place a saute pan over medium-heat. When the pan just begins to smoke, add 1-2 tbsp. oil, followed by the carrots and turnips. Season with ½ tsp. salt and pepper. Cook for 5-7 minutes until crisp tender. Allow the vegetables to brown and char around the edges before stirring or flipping. Add the green onions and stir fry for an additional 1-2 minutes just to lightly wilt. Add ½ cup of the slow cooking sauce to the pan and stir to lightly coat the vegetables. Season with additional salt and pepper to taste.

STEP 6 Serve the cumin lamb and vegetables over steamed rice. Spoon cumin sauce over top. Enjoy!