

Slow Cooker Merguez Lamb Bowl

2 SERVINGS | HANDS ON TIME: 15 | TOTAL TIME: 25 minutes Instant Pot/ 6 hours Slow Cooker

Hudspeth River Ranch Lamb Stew Meat, thawed
Farmhouse Kitchen Stew Sauce, thawed
Johnson's Backyard Garden Carrots, washed and peeled (optional)
Gundermann Acres Red Radish, greens and tips removed, washed
Villa Klehr Farms Arugula washed and dried well
Farmhouse Kitchen Garlicky Greek Yogurt
Homestead Gristmill Farro
Olive or Canola Oil
Salt and Pepper

Notes: A 2-3.5 quart slow cooker is recommended. The amount of time needed to stew the meat until tender will vary depending on 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 skillet or saute 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 or thirds so that all pieces are about the same size. When the pan just begins to smoke, add 1 tbsp. oil. Add the lamb meat to the pan in a single layer. Season with 1/2 tsp. salt and pepper. Brown the lamb on all sides, about 5-7 minutes. Turn off the heat and transfer the browned lamb to the slow cooker insert. (Depending on the size of your pan, you may need to brown the lamb in batches, adding the first batch to the slow cooker before searing the next batch.)

STEP 2 Next chop the carrots into 1/2" pieces. Add the carrots to the slow cooker insert. Carefully pour the stew sauce into the hot skillet to deglaze. Use a wooden spoon to scrape up the flavorful crust that has developed. Transfer the stew sauce from the skillet to the slow cooker insert. Stir to coat and submerge the ingredients. Set the slow cooker temperature to low and cook for 8 hours or set the temperature to high and cook for 5 hours. After slow cooking, the lamb should be tender and easily cut with a fork. The carrots should be fork tender. Season with salt and pepper to taste. Reduce the heat to warm.

EVENING

STEP 3 Cook the farro. Bring 8 cups of water to a boil in a large saucepan. When the water reaches a boil, add 1 tbsp. salt and farro. Boil the farro, stirring occasionally, until tender, approximately 35-40 minutes. Taste the farro to see if it's cooked to your preferred texture. Cook for an additional 5 minutes, if needed. Drain well, return to pot season with salt and, pepper. Keep covered until ready to serve.

STEP 4 About 5 minutes before you're ready to serve, prepare the vegetables. Tear the arugula into bite sized pieces and place in a salad or mixing bowl. Shave the radishes as thinly as possible with a knife or vegetable peeler and add to the arugula. Dress the arugula and shaved radish salad with half of the garlicky Greek Yogurt. Season with salt, pepper and, set aside.

STEP 5 To serve, scoop a portion of farro into a bowl. Ladle the lamb, carrots and stew sauce over the top of the farro. Top with the arugula and shaved radish salad. Drizzle with additional garlicky Greek yogurt. Enjoy!

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4 SERVINGS | HANDS ON TIME: 15 | TOTAL TIME: 25 minutes Instant Pot/ 6 hours Slow Cooker

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MORNING

STEP 1 Place a large skillet or saute 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 or thirds so that all pieces are about the same size. When the pan just begins to smoke, add 2 tbsp. oil. Add the lamb meat to the pan in a single layer. Season with 1/2 tsp. salt and pepper. Brown the lamb on all sides, about 5-7 minutes. Turn off the heat and transfer the browned lamb to the slow cooker insert. (Depending on the size of your pan, you may need to brown the lamb in batches, adding the first batch to the slow cooker before searing the next batch.)

STEP 2 Next chop the carrots into 1/2" pieces. Add the carrots to the slow cooker insert. Carefully pour the stew sauce into the hot skillet to deglaze. Use a wooden spoon to scrape up the flavorful crust that has developed. Transfer the stew sauce from the skillet to the slow cooker insert. Stir to coat and submerge the ingredients. Set the slow cooker temperature to low and cook for 8 hours or set the temperature to high and cook for 5 hours. After slow cooking, the lamb should be tender and easily cut with a fork. The carrots should be fork tender. Season with salt and pepper to taste. Reduce the heat to warm.

EVENING

STEP 3 Cook the farro. Bring 12 cups of water to a boil in a large saucepan. When the water reaches a boil, add 1 tbsp. salt and farro. Boil the farro, stirring occasionally, until tender, approximately 35-40 minutes. Taste the farro to see if it's cooked to your preferred texture. Cook for an additional 5 minutes, if needed. Drain well, return to pot season with salt and, pepper. Keep covered until ready to serve.

STEP 4 About 5 minutes before you're ready to serve, prepare the vegetables. Tear the arugula into bite sized pieces and place in a salad or mixing bowl. Shave the radishes as thinly as possible with a knife or vegetable peeler and add to the arugula. Dress the arugula and shaved radish salad with half of the garlicky Greek Yogurt. Season with salt, pepper and, set aside.

STEP 5 To serve, scoop a portion of farro into a bowl. Ladle the lamb, carrots and stew sauce over the top of the farro. Top with the arugula and shaved radish salad. Drizzle with additional garlicky Greek yogurt. Enjoy!

STORAGE TIPS INGREDIENTS BEST USED WITHIN 5 DAYS

Lamb Stew Meat- Keep frozen until 24-48 hrs before ready to use. Thaw in a bowl in the refrigerator overnight.

Stew Sauce- If using within 3 days, store in the refrigerator. Otherwise, freeze up to 1 month and use within 36 hours of thawing. (Ingredients: Farmhouse Kitchen chicken stock, onion, garlic, cumin, coriander, fennel seed, smoked paprika, Village Farms tomato)

Carrot- Remove top greens, if any. Store carrots in the crisper drawer of the refrigerator, and use within 5 days.

Radish- Remove/use any tops and store in the crisper drawer of the refrigerator. Use within 5 days.

Arugula - Store in crisper drawer of refrigerator in an airtight container, wrapped in a dry paper towel. Use within 5 days.

Garlicky Greek Yogurt - Store in the refrigerator. Use within 5 days. (Ingredients: White Mountain Greek yogurt, garlic, G & S Orchards lime juice, cumin, fennel seed, salt)

Farro - Keep in a cool, dry place in the kitchen until ready to use.

***Contains gluten and dairy containing ingredients.**

****Not made with egg, nuts, peanuts fish or shellfish containing ingredients.**

*****Prepared in a facility that may contain gluten, dairy, egg, nuts, peanuts, fish and shellfish.**