



## AMERICAN LAMB. FROM AMERICAN LAND.

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### Mediterranean Lamb with Raisins

**Total Time:** 60 minutes or more

**Lamb Cuts:** Leg (bone-in, boneless), Lamb Cubes (stew meat)

**Category:** Entrée

**Servings:** 12

**Preparation Time:** 10

**Cook Time:** 90

#### Ingredients:

- 1/3 cup all-purpose flour
- 3 pounds **American Lamb** leg, cube into 1-1/2 inch cubes
- 2 tablespoons olive oil
- 2 clove garlic, finely chopped
- 1 can (15 ounces) chopped tomatoes and juice
- 1/2 cup fat-free chicken broth
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon ground nutmeg
- 1/4 teaspoon ground allspice
- 1/2 cup golden raisins
- 1/4 cup sherry or chicken broth

#### Directions:

Place flour in plastic bag. Add lamb cubes and shake to coat with flour. In large skillet, heat oil and brown lamb over medium-high heat. Add onion and garlic; cook on medium heat for 4 minutes. Stir in tomatoes and juice, broth and seasonings and cook 5 minutes. Simmer 30 minutes, covered. Soak raisins in sherry or chicken broth while lamb is cooking. Add raisins and sherry or broth to lamb; cook additional 10 minutes.

#### Nutrition

312 <b>calories</b>	22 <b>g protein</b>
11 <b>g carbohydrate</b>	19 <b>g total fat</b>
55% <b>calories from fat</b>	81 <b>mg cholesterol</b>
1 <b>g fiber</b>	326 <b>mg sodium</b>
6 <b>mg niacin</b>	.20 <b>mg vitamin B6</b>
2 <b>mcg vitamin B12</b>	2 <b>mg iron</b>
4 <b>mg zinc</b>	