



## 10 Ways to Add Flavor to Your Plant-Based Meals with Lamb

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Lamb adds a special depth of flavor – a little bit goes a long way and elevates the eating experience of plant-based meals. Animal protein, like lamb, is a nutrient-rich supplement to a meal plentiful in vegetables, fruits, grains, legumes, nuts and seeds. It's a beautiful, delicious and nourishing way to eat, and one that asks you to explore your creativity and think outside of the meat and potatoes box.

## 1. PRACTICE MEAL PREP

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At the beginning of the week, make a batch of whole grains, roasted vegetables, and two 3-ounce servings of lean lamb. Divide up the grains, veggies, and lamb into individual containers for easy meals throughout the week.

## 2. MAKE A LITTLE GO A LONG WAY

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Take one or two individual portions of lamb and use it to flavor your family-sized casserole, like shepherd's pie or lasagna.

## 3. SWITCH YOUR PLATE

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Plan your meals around seasonal produce and compliment your veggie-rich meal with a small serving of satisfying lamb.

## 4. EMBRACE THE PLANT-POWER OF PULSES

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Use black or pinto beans as the primary filling to your homemade tacos and “season” with ground lamb.

## 5. ELEVATE YOUR FAVORITE HOMEMADE PASTA SAUCE

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Use ½ pound of flavor-forward ground lamb in a large portion of tomato-based sauce.

## 6. SLOW COOK IT

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Use a crock-pot or slow cooker to prepare a veggie-heavy lamb stew with lamb stew meat, such as chopped lamb shoulder, for boosting flavor and nutrition.

## 7. GO MEDITERRANEAN ON PIZZA NIGHT

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Top a whole-wheat pizza crust with hummus, grilled vegetables, a dusting of feta cheese, and a sprinkling of ground lamb. Double points if you top the pizza with homemade cucumber yogurt dip.

## 8. LESS IS MORE

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No need for an 8-ounce portion of meat on the center of your plate. Quick-cooking lamb loin and rib chops are a quality small portion of meat—around 3 ounces of satisfying protein and rich flavor.

## 9. PILE YOUR BURGER WITH PLANT-BASED CONDIMENTS

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Load your lamb burger with extra tomato, leafy greens, grilled onions, roasted red pepper, avocado, homemade pesto...all the fixings! If it means you'll have to save half your burger for later, that's A-okay!

## 10. SPICE IT UP

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Stretch a half-pound of lamb across one meal – that's both rich in herbs and spices – for four people. This equals to about 2 ounces per person. Herbs and spices punch up food's appeal and offer health benefits, such as from anti-inflammatory effects.