

American Lamb Posole Stew

8 servings

Preparation time: 20 minutes

Cook time: 1 hour

- 2 pounds boneless **American Lamb** shoulder meat, fat trimmed and cut into 1-inch cubes
- 1/3 cup all-purpose flour
- 1 teaspoon *each* salt and pepper
- 3 tablespoons olive oil, divided
- 4 cups fat-free chicken broth
- 2 jars (16 ounces *each*) salsa
- 2 cans (15-3/4 ounces *each*) hominy, drained
- 1/4 cup chopped cilantro leaves

In plastic bag, combine flour, salt and pepper. Add lamb cubes in batches and shake to coat.

In 6-quart pan, heat 1 tablespoon oil over medium-high heat. Add lamb in batches and brown. Add more oil as needed. Place browned lamb in bowl. Return lamb to pan and add broth and salsa. Simmer for 45 minutes. Stir in hominy. Cover and simmer for 15 additional minutes. Stir in cilantro.

Serve with warm tortillas or cornbread.

Nutrition per serving: 487 calories, 31 g protein, 28 g carbohydrate, 26 g total fat (49% calories from fat), 103 mg cholesterol, 3 g fiber, 1262 mg sodium, 8 mg niacin, 0.16 mg vitamin B6, 3 mcg vitamin B12, 3 mg iron, 6 mg zinc.

Recipe and image provided by the American Lamb Board