

Mid-Eastern Skillet Dinner

This spicy dinner is perfect with herbed rice.

Recipe Cookbook: Fabulous Food Associations

Chapter: Sunkist

Prep Time: 10 minutes

Cooking Time: 2 1/2 hours

INGREDIENTS:

1/2 lb ground lamb
1/2 lb ground turkey
1 tsp garlic powder
1 tsp Italian seasoning, crushed (OR 1/2 tsp dried or crushed oregano or basil leaves)
2 C garbanzo beans (chick peas) or cooked or canned white beans
2 medium tomatoes, chopped
Fresh lemon juice, from 1 lemon
2 TBS tomato paste, mixed with 1/4 C water
2 tsps sugar
1 tsp dried mint, crushed
Grated lemon zest, from 1/2 lemon

DIRECTIONS:

Thoroughly combine lamb, turkey, garlic powder & Italian seasoning. Shape into 8 small patties. In lightly oiled large non-stick skillet, brown patties on both sides over medium-high heat (10-12 minutes). Pour off fat. Add remaining ingredients except lemon zest. Bring to boil; cover, cook over low heat 25 minutes. Stir occasionally. Uncover last 5 minutes to slightly thicken sauce. Add lemon zest.

To cook dry beans: For every 1 C dry beans/peas, bring to boil in 6-8 cups water. Boil 2 minutes. Cover; remove from heat & let stand 1 hour. Drain beans & replace water. Bring to boil - cover & cook over low heat 1-2 hours or till beans are tender. One C dry beans yields about 2 3/4 cups cooked beans.

Serves: 4