



Quick Lamb Stir Fry

1 1/2 lbs ground grass fed organic lamb
1 medium white or sweet onion – cut into thin slices
1 tbsp. coconut oil OR grape seed oil (unrefined, organic)
2 garlic gloves – minced
2 medium carrots, julienne
2 medium zucchinis, julienne
1 tsp. Himalayan sea salt
Fresh ground pepper to taste
Pinch of cumin to taste

Sauté onions in coconut oil at medium heat, until slightly translucent

Add ground lamb and brown into crumbles until no longer pink

Add vegetables stirring frequently for three to four minutes – sauté until crisp and tender

Add salt, pepper and cumin to taste, cook approximately one minute

Serve over brown rice or quinoa

Quicker Option:

If you're in a real hurry, you can skip the carrots and zucchini and it still tastes great. I often serve it over fresh baby arugula or spring greens.

Another option is to add one small can of tomatoes to the mix along with the other vegetables.