

"Greek" Lamb with Orzo



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Ingredients

1 lb. ground lamb
1 tablespoon olive oil
1 large yellow onion, finely chopped
6 cloves garlic, sliced thinly
2 teaspoons ground cinnamon
1 teaspoon dried oregano
1 $\frac{1}{2}$ teaspoon ground cumin
2 teaspoons ground coriander
 $\frac{1}{2}$ teaspoon crushed red pepper
28 ounces canned tomatoes, drained and smushed with your hands (fun!)
14 ounces diced tomato
5 ounces fresh spinach, chopped
1 lb. orzo pasta
2 cups chopped fresh parsley
 $\frac{1}{4}$ cup lemon juice, freshly squeezed
2 tablespoons olive oil
salt and pepper, to taste
40 grams kalamata olives, pitted and finely chopped, about 10 olives
 $\frac{1}{2}$ cup crumbled feta

Method

1. In a good sized Dutch oven or other heavy bottomed pan, heat the one tablespoon of olive oil over medium-high heat

until it is shimmering. Add the lamb and sprinkle with 1/2 teaspoon of salt and a good grinding of black pepper. Cook, stirring to break it apart, until it is nicely browned. Remove the lamb with a slotted spoon and drain all but 2 tablespoons of the fat.

2. Return the pot to the stove top and add the onion and garlic (still over medium-high). Cook, stirring occasionally, until they are softened and golden, about 5 minutes. Stir in the spices (cinnamon, oregano, cumin, coriander, and red pepper) and cook until they start smelling extremely toasty and fragrant (1-2 minutes). Then, stir in the smooshed tomatoes.

3. Cook the smooshed tomatoes in the spices, stirring occasionally, for 10 minutes. Then, add the can of diced tomatoes and 2 cups of water. Bring to a boil, then turn down to a simmer and simmer, uncovered, for 15 minutes.

4. Add the cooked lamb back to the pot, give a good stir, then cover the pot and leave it to cook, stirring from time to time, for 20 minutes. At this point, stir in the fresh spinach and cook just a couple more minutes until the spinach is wilted. Taste and add salt and pepper to taste (keeping in mind you'll be sprinkling just a touch of feta and olives on, which will add to the saltiness).

5. While the lamb and tomatoes are simmering together and marrying their flavors, bring a large pot of well-salted water (it should taste like sea water, basically) to a boil. Add the orzo and cook until al dente, about 7 or 8 minutes, usually. Reserve 1/2 cup of pasta water.

6. Drain the orzo. Toss the orzo with the 2 tablespoons of olive oil, the lemon juice, and all of the parsley, adding a bit of pasta water at a time, if you feel it needs additional liquid.

7. Spread the orzo out on an enormous serving platter. Spoon the lamb and sauce all over the top, then sprinkle with the feta and chopped olives. Pass the dish around the table and relax. A good red wine, on the dry side, is a highly recommended companion here.

Notes

10 WW PointsPlus per serving

Source: food52.com (8 servings | 1 1/2 cups per serving or 13 ounces)