



LAMB AND PUMPKIN RAGU

EQUIPMENT:

SPATULA
SMALL DUTCH OVEN
LARGE POT FOR PASTA
FOOD PROCESSOR
OVEN & SHEET TRAY
KNIFE & CUTTING BOARD

INGREDIENTS:

1 LB. GROUND LAMB
2OZ. OIL
1 MED. DICED ONION

4OZ. HHF ROASTED TOMATO
1 SM. PUMPKIN (2 POUNDS)
-ONCE COOKED (1 POUND)
2 MED. DICED TOMATOES
2OZ. CREAM

METHOD:

FIRST

PREHEAT THE OVEN TO 375.
CUT THE PUMPKIN IN
QUARTERS AND RUB WITH OIL.
BAKE IN THE OVEN FOR THIRTY
MINUTES OR UNTIL TENDER.

THIRD

ADD THE LAMB TO THE POT
AND STIR TO KEEP THE MEAT
FROM STICKING TOGETHER.
ONCE WELL BROWNED ADD
THE TOMATOES AND REDUCE
THE HEAT. SEASON TO TASTE.

FIFTH

ONCE THE PUMPKIN IS STIRRED INTO THE POT, SEASON TO TASTE AGAIN
AND LOWER THE HEAT AND LET SIMMER FOR 1 - 1 ½ HOURS. ONCE
TENDER AND REDUCED BY ONE THIRD, STIR IN THE CREAM AND
ROASTED TOMATO PESTO. SERVE WITH ANY TYPE PASTA AND ENJOY!

SECOND

WHILE THE PUMPKIN IS COOKING, ADD
THE OIL AND ONION TO THE POT. STIR
UNTIL THE ONIONS ARE TRANSLUCENT.

FOURTH

ONCE THE PUMPKIN IS COOKED, TAKE
OUT OF THE OVEN AND LET REST FOR
FIVE MINUTES. USING A SPOON, SCOOP
AS MUCH OF THE PUMPKIN FLESH INTO
THE FOOD PROCESSOR. USE ANY JUICE
THAT MAY BE IN THE PAN. WHILE STILL
HOT, TURN ON THE FOOD PROCESSOR
AND PUREE FOR TWO MINUTES. ADD
THE PUREE DIRECTLY TO THE POT.