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Lamb Stew

INGREDIENTS

1.25 pounds of lean cubed lamb meat (choose kebob instead of stew meat for a leaner product)
1 large sweet onion chopped
10 stalks of celery chopped
½ pound (1/2 package) baby carrots
1 large red pepper diced
olive oil
6 small or 3 large russet potatoes peeled and chopped into cubes
1 6-oz can tomato paste
garlic powder
paprika
black pepper
dill
1 bay leaf

PREPARATION

- 1 Place lamb cubes and onion into large pot. Add 1 tsp garlic, 1 tsp paprika, bay leaf. Fill with water until lamb and onion are fully covered. Bring to a boil, then simmer on low-medium heat for 1-1.5 hours to ensure meat is very tender. Remove bay leaf after this time.
- 2 Place potatoes, celery carrot, and pepper on a cooking tray. Drizzle with 2 Tbsp olive oil, 1/2 tsp black pepper, 1/2 tsp dill. Mix to ensure all ingredients are evenly coated. Bake in oven for 20-25 minutes at 450 degrees, mixing at least once to ensure even cooking.
- 3 Add oven mixture to lamb pot on stove after the 1-1.5 hours. Stir all ingredients together. Add 1 can of tomato paste.

4 Allow all ingredients to continue simmering on stove at low heat. Continue this for one to two hours. Add a bit of water if needed. The potatoes will burst/break apart and help make this stew thick.

5 Add additional spice if needed.

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