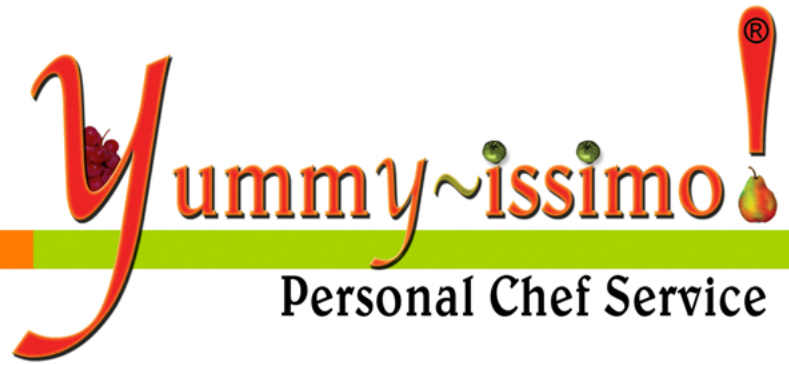


Hearty Lamb Stew



Start this stew early in the day, watch a football game or two and enjoy a great dinner.

Serves 4

2T canola oil	1 ~ 15oz can diced tomatoes	4 potatoes, peeled, diced
2T flour	2c baby carrots, sliced	4 garlic cloves, minced
2 pounds lamb, cubed	1c celery, diced	1t dill
2c dry red wine	1 large onion, chopped	1t rosemary
		1c peas, frozen

Heat oil in large Dutch oven and heat on medium~high heat. Place lamb and flour in large zip~lock bag, shake well and add lamb cubes to oil. Brown well. Remove lamb from skillet and place in large bowl.

Add wine to Dutch oven, reduce heat and cook until wine is reduced by half. Return lamb back to Dutch oven and add tomatoes and their juices, carrots, celery, onion, potatoes, garlic, dill and rosemary. Simmer, stirring occasionally for 90 minutes or until lamb is tender.

Add frozen peas, stir well and simmer an additional 15 minutes. Serve with hot crusty bread.

Listen for my weekly recipes, Fridays at 7:45 a.m. on WGRR presented by



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