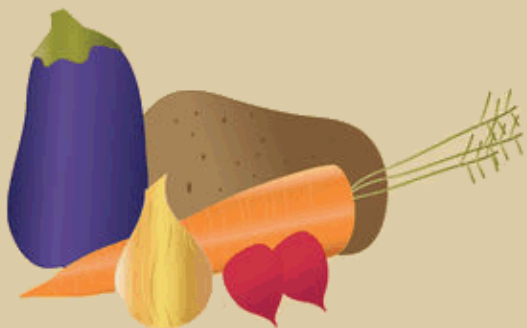


# Recipes



## Herbed Lamb Stew

Serves 6

### Ingredients:

- 1.5 lbs stew meat (or any part of lamb cut into 3/4" cubes)
- 2 tbsp cooking oil
- 1 clove garlic minced
- 1 bay leaf
- 2 tbsp beef bouillion
- 1/2 tsp thyme (fresh or dry)
- 1/2 tsp oregano (fresh or dry)
- 1/2 tsp marjoram dried
- 4 medium carrots sliced 1/2" thick
- 4 stalks celery sliced 1" thick
- 2 medium onions cut into wedges
- 1/4 cup all purpose flour
- 1/2 cup sour cream (optional)

### Preparation:

In a Dutch Oven brown the meat, half at a time, in hot oil: remove from heat. Return all meat to pan.

Add next 6 ingredients following the cooking oil from above list (if using fresh herbs use a little bit extra), 2 cups water, 1/2 tsp salt, 1/2 tsp pepper. Bring mixture to a boil, reduce heat. Cover and simmer for 30 minutes.

Stir in carrots, celery and onions. Cover and simmer ~25 minutes more or 'til meat and veggies are tender.

Remove bay leaf. Combine flour and (sour cream) with 2 tbsp of water in a separate bowl. Add ~1/2 cup of hot mixture to flour water mix, mix then return to the remaining hot mixture.

Cook and stir 'til thick and bubbly.