

Nothing is better than stew on a cool fall evening!

Tried & True Lamb Stew

1 pound boneless leg or shoulder, well trimmed.
2 cloves garlic, minced
2 medium onions, cut into 12 wedges
1 quart canned tomatoes, not drained
1 cup white or burgundy wine
2 cups beef or chicken broth
2 potatoes, halved and cut into 1/4 inch slices
2 carrots, cut in 1/4 inch slices
1 stalk celery, cut into 1/4 inch slices
1/2 cup green peas
1/2 teaspoon dried thyme leaves
1/2 teaspoon salt
1/4 teaspoon ground black pepper
1 tablespoon cornstarch



Cut lamb into 3/4 inch pieces. In large saucepan or Dutch oven, brown lamb in 1 tablespoon oil. Add garlic and onions and sauté until onions are clear. Drain drippings. Add remaining ingredients except the cornstarch. Cook over medium heat, stirring occasionally, until vegetables are tender. Combine cornstarch and 1/4 cup water; stir into stew. Continue cooking and stirring until thickened. Makes 6 servings.

Cooking Tip If you have access to lamb bones where the meat has been boned off you can make a delicious lamb broth to be used instead of beef or chicken broth. Place the bones in the oven a roast at 375°F until golden brown. Place bones in one quart of water with one onion, one stalk celery and one carrot all cut into pieces. Bring to a boil, reduce heat and simmer for two hours. Strain broth and discard bones and vegetables. Return broth to heat and simmer until reduced by half.