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## Chunky Lamb Stew

### INGREDIENTS

- 2 large Celery stalks, chopped.
- 1 large Onion, chopped.
- 3 Medium Carrots.
- 3 large Potatoes.
- 3 Medium Turnips.
- 1 lb Lean lamb for stew, cut into 1" cubes.
- 1 tablespoon of Veg. oil.
- 1 tablespoon of Soy sauce.
- 1 teaspoon of Sugar.
- ½ teaspoon of Salt.
- ¾ teaspoon of Gravy Powder.
- 2 tablespoons of All Purpose flour.

### PREPARATION:

1. Cut carrots diagonally into 3/4" chunks. Peel and cut potatoes and turnips into 1 1/2" chunks. Remove any fat from the lamb.
2. In 5 quart. Dutch oven over a med-high heat, cook the lamb in a small amount of hot oil, sprinkled with salt, until lamb is browned on all sides. With a slotted spoon, remove lamb to bowl.
3. Cook the celery and onion in the remaining juices until lightly browned. Return lamb to Dutch oven; stir in the can of stewed tomatoes, beef broth, and 1 cup water. Over a high heat, bring to the boil.
4. Reduce heat to low; cover and simmer 25 minutes.
5. After the lamb has cooked 25 min., add the potatoes, carrots, turnips, soy sauce, sugar and Gravy Powder; over high heat, heat until boiling. Reduce heat to low; cover and simmer 20 min or until meat and vegetables are tender.
6. In cup mix the flour and 2 tbs. water until mixed. Stir the flour mixture into meat and vegetables; cook over med-high heat until mixture boils and thickens. Stir in the peas; heat through. Sprinkle with lemon peel and chopped parsley to serve.