



EASY MINT LAMB STEW



Day Before: Place Tenleytown Meat in refrigerator to defrost for 36 - 48 hours.

Prep Time: **20 minutes**

Cook Time: **2 hours**

2 lb Tenleytown Meat Company **lamb roast**

2 tsp dried crushed mint

2 tsp salt

1/2 tsp sugar

1 tsp freshly ground black pepper

1/4 cup all-purpose flour

2 tablespoons olive oil

2 garlic cloves, chopped

2 cups water

1 cup dry red wine

1 tsp Worcestershire sauce

6 to 8 carrots, scraped and coarsely chopped

2 medium onions, cut in thick wedges

4 celery stalks, coarsely chopped

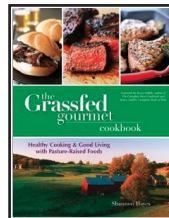
2 large boiling potatoes, cut into bite-size chunks

Cut **lamb shoulder** or **leg roast** into 1 inch **stew chunks** and bring to room temperature.

Combine **salt, pepper, sugar, crushed mint, and flour** in a shallow bowl. Mix **lamb** with seasoned **flour** until well coated. Heat the **olive oil** in a soup pot, add the **meat**, and saute until browned. Add the **garlic**, saute for 1 minute, and pour in the **water, wine, and Worcestershire** sauce. Simmer, stirring occasionally, for 45 minutes to 1 hour, until the meat is tender. If too much liquid evaporates, add 1 to 2 cups **water**.

Add the **vegetables**, and simmer for an additional 30 minutes, until the vegetables are tender.

makes 4-6 servings



*“Healthy Cooking
& Good Living with
Pasture-Raised Foods”*

PEOPLE



PLANET



COMMUNITY



COMPANY

www.tenleytownmeatcompany.com

Washington, DC