Easy lamb stew

BODY TRANSFORMATION CENTRE

2 tsps ghee or coconut oil
300g white onion, finely chopped
350g carrot, peeled and sliced
500g stewing lamb, visible fat removed, diced
2 cloves garlic, finely chopped
1 sprig fresh rosemary
500ml lamb or vegetable stock, made with one organic stock cube
350g all rounder potatoes, peeled and chopped
salt and pepper to season

SERVES 4

Melt the ghee / oil in a large saucepan over a medium heat. Add the onion and sauté gently for 3-4 minutes, stirring.

Add the carrot and sauté for 3-4 minutes, stirring occasionally.

Add the lamb, stir well and cook for 4 minutes. Stir occasionally to seal on all sides.

Add the garlic and rosemary and fry gently for 2 minutes, stirring.

Add the potatoes and stock and stir well. Season with salt and pepper. Bring to the boil then reduce to a simmer. Cover and cook for 30 minutes.

If the mixture is too dry or thick, add some boiling water. Stir well and cook for one hour, or until the lamb is tender (checking the thickness of the stew halfway through cooking time).

Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.

Serving suggestion:

Serve with steamed greens of your choice.

PER SERVING:
465 Calories
30g Carbs
30g Protein
25g Fat