



Recipes

Lamb stew

A lovely stew, perfect to come home to at the end of the day on a Winter's evening.

Serves 4

Ingredients

- 600g lamb diced
- 50ml water
- 1 onion, peeled and sliced
- 1 stick celery*, washed and diced
- 2 cloves garlic, peeled and chopped
- 2 tbsp tomato puree
- 1 tsp cinnamon
- 1 tsp oregano
- 400g tin chopped tomatoes
- 400g potatoes, chopped into bite size pieces
- Serve with mixed vegetables such as cauliflower, broccoli and carrots



Method

1. Place all the ingredients in the slow cooker, season and cook on low for 6 hours or on high for 4 hours.
2. Serve with mixed vegetables.

*May contain or is one of 14 common allergens