

Lamb Stew

5 lb lamb, cubed
1 lb. carrots, pared and cut into chunks
3-4 large stalks celery, washed and cut into chunks
3 medium onions, peeled and quartered
1 qt. button mushrooms, whole if small, halved if larger
1 jar stewed diced tomatoes with juice
1/2 c. red wine
2 c. beef or lamb stock
1 c. flour
salt and pepper to taste
cooking oil
4 bay leaves
1 T. parsley (dried)
1 tsp. thyme (dried)
3/4 tsp rosemary (dried)

Preheat oven to 375F. Coat the bottom of a roasting pan with oil and heat for 5 minutes. Combine flour, salt, and pepper in a large bowl; toss meat to coat. Add lamb cubes to hot oil and bake, uncovered, for 20 minutes. Add wine, tomatoes, onions, celery, carrots and herbs (except parsley). Cover and bake for 2 hours, adding more liquid if needed. Remove lid and add mushroom and parsley. Bake uncovered for 20-30 minutes. Serve over hot buttered noodles, or mashed root vegetables.