



Lamb Cacciatore

Active Time: 25 minutes | Total Time: 1 hour | Serves: 4

Nutrition Information Per Serving

389.8 calories, 16.56 g carbohydrate, 4.21 g fiber, 12.35 g NET carbs, 38.28 g protein, 13.71 g fat

Ingredients

- 1 oz can Eden Foods Organic Diced Tomatoes (14.5 oz. can)
- 1 Tbsp Olivado Avocado Oil
- 1 cup Imagine Organic Beef Stock
- 2 clove(s) organic garlic, pressed
- 2 Tbsp(s) fresh parsley, chopped
- 1/4 tsp(s) sea salt
- 1 small organic onion, chopped
- 1/2 cup(s) organic kalamata olives, pitted
- 1/4 tsp(s) freshly ground black pepper
- 2 Tbsp(s) organic tomato paste
- 1 cup dry organic red wine
- 4 ounce(s) organic crimini mushrooms, sliced
- 24 ounce(s) grass-fed lamb chops
- 1 Tbsp fresh oregano, chopped

Preparation

1. In a large safe nonstick skillet, heat oil over medium-high heat.
2. Season lamb with salt and pepper.
3. Add lamb to pan, and sear on both sides.
4. Transfer to a plate.
5. Add onion, garlic, mushrooms to pan. Sauté 4 minutes, or until onion is softened.
6. Add tomato paste and wine and bring to a boil. Simmer until reduced by half.
7. Stir in oregano, broth and diced tomatoes. Bring to a boil.
8. Return lamb and accumulated juices to skillet. Simmer, covered, 45 minutes.
9. Transfer lamb to a serving platter.
10. Top with parsley and serve.

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