



## Slow Cooker Balsamic Glazed Lamb

**Active Time:** 4 hours | **Total Time:** 4 hours | **Serves:** 8

### Nutrition Information Per Serving

251.4 calories, 9.31 g carbohydrate, 3.22 g fiber, 6.09 g NET carbs, 36.98 g protein, 7.15 g fat

#### Ingredients

- 1 cup sliced organic red onions
- 1 Tbsp. fresh rosemary
- 2 tsp(s) sea salt
- 2 tsp(s) fresh thyme
- 48 ounce(s) organic grass-fed lamb leg roast
- 1/2 Tbsp(s) fresh mint, finely chopped
- 2 tsp(s) black pepper
- 1/4 cup(s) organic balsamic vinegar
- 4 medium(s) organic zucchini, sliced
- 2 tsp(s) fennel seed
- 2 tsp(s) ground coriander
- 12 whole(s) organic baby carrots

#### Preparation

1. Combine salt, pepper, coriander, rosemary, mint, thyme and fennel. Rub into lamb.
2. Add lamb and remaining ingredients to slow cooker.
3. Drizzle the balsamic over all. Cover; cook on high for 3-4 hours.

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