



Total Time: **2 hours 50 minutes**

Prep Time: **20 minutes**

Cook Time: **2 hours 30 minutes**

ingredients (Servings: 4)

2 pounds boneless lamb shoulder or lamb stewing meat, cut into 2-inch pieces

2 Tablespoons vegetable or olive oil

2 Tablespoons tomato paste

1 28-ounce can peeled whole tomatoes in juice

2 medium red potatoes, scrubbed, cut into 1-inch pieces, about 2 cups

3 medium carrots, peeled, cut into 1-inch pieces, about 2 cups

16 pearl onions, outer skins peeled, rinsed, root ends trimmed, about 2 cups

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4 cups kale, rinsed, thick stems removed, cut into 2-inch strips (see helpful tips for kale substitutes)

2 Tablespoons fresh rosemary leaves, roughly chopped, or 1 Tablespoon dried, divided in half

1/2 teaspoon each, salt and pepper, or to taste

Optional

1 cup water (if needed)

tender lamb stew

directions

step 1: Rinse lamb and pat dry with a paper towel. Heat oil over medium-high heat in a 5- to 6-quart Dutch oven or pot. (See below for slow cooker instructions.)

step 2: Brown the lamb in batches, making certain not to overcrowd the bottom of the pot. Turn the pieces with tongs or a large wooden spoon to brown evenly on all sides, about 6-8 minutes per batch. Remove to a large bowl. Carefully pour off all the fat from the pot.

step 3: Return the pot to the heat. Stir in the tomato paste and canned tomatoes and

their juices, breaking up the tomatoes and scraping the bottom of the pot with a wooden spoon or heat-resistant spatula. Place the browned lamb back into the pot and stir. If necessary, add just enough water to barely cover the lamb. When the liquid comes to a boil, reduce the heat to medium-low so the liquid simmers. Simmer for 1 1/2 hours.

step 4: While the lamb is stewing, prepare all the vegetables as listed under ingredients. After the lamb has cooked for 1 1/2 hours, add the vegetables and half the rosemary to the pot, stirring them into the stewing liquid. Continue to simmer for

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another 30 minutes until the lamb and vegetables are very tender.

step 5: Stir in the remaining rosemary and season with salt and pepper. Serve warm.