

LAMB STEW WITH LENTILS

Makes 6 Servings



INGREDIENTS

- 1 lb lamb stew meat
- 3 Tbsp all purpose flour
- ½ tsp sea salt
- ½ tsp black pepper
- ½ tsp paprika
- 2-3 Tbsp olive oil
- 2 yellow onions, chopped
- 3 carrots, peeled and chopped
- 2 stalks celery, chopped
- 5 cloves garlic, smashed and chopped
- 1 sprig rosemary
- 1 cup dry red wine, we used Pinot Noir
- 1 (14.5 oz) can diced tomatoes
- 2 cups beef broth
- 1 cup dry green or brown lentils

DIRECTIONS

1. In a small bowl, whisk together flour, salt, pepper, and paprika. Drain lamb and pat dry. Dredge in seasoned flour.
2. Heat 1 Tbsp of olive oil in a 6 qt dutch oven over medium heat. Brown lamb in oil in batches, about 2 minutes each side. Add more oil as needed. Set lamb aside.
3. Add onions to the pot, cook until fragrant and translucent. Add carrots, celery, and garlic. Cook and stir for about 5-7 minutes. Return lamb to the pot.
4. Preheat the oven to 325°F.
5. Add rosemary and red wine. Bring to a boil, reduce heat, and simmer for 15 minutes.
6. Stir in tomatoes and beef broth. Cover, and cook in the preheated oven for 1 hour and 45 minutes.
7. While stew is in the oven, cook lentils. Place in a medium pot and cover with 2 inches of unsalted water. Bring to a boil and reduce heat. Simmer for 30 minutes, or until almost done. Drain and set aside.
8. Add cooked lentils to stew, cook in the oven for an additional 15 minutes. Remove rosemary sprigs, and serve with crusty bread and a glass of Pinot Noir.