

# Lamb Chop Casserole

## Ingredients

- Forequarter or chump chops
- 1 onion, sliced
- 2 carrots, sliced
- 1 tbsp Worcestershire sauce
- 1 tbsp white vinegar
- ¼ cup tomato sauce
- Salt & pepper
- 1 tbsp brown sugar

## Method

1. Cut fat off chops. Chuck into a plastic bag of plain flour & rub around to coat chops. Brown them in olive oil & drain.
2. Put browned chops into a baking dish. Mix all ingredients & add water, enough to blend & just come nearly to top of chops.
3. Cover & slow cook - till cooked!!!

*Last updated 15 Apr 2023, 23:37:57*

tag lamb

tag baked

tag fried

tag battered

tag aussie

tag family

tag casserole