

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!!!

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