

Lamb Chop Casserole

Ingredients

- 3/4 or chump chops
- 1 onion sliced
- 2 carrots sliced
- 1 tbsp Worcester sauce
- 1 tbsp white vinegar
- 1/4 cup tomato sauce
- Salt & pepper
- 1 tbsp of brown sugar

Method

1. Cut fat off chops; chuck into a plastic bag of plain flour & rub around to coat chops then 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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