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Braised Lamb with a Garden-Vegetable Medley

Prep Time: 20 mins

Cook Time: 2 h

Total Time: 2 h 20 mins

Ingredients

- 2 1/2 pounds lamb, boneless leg, trimmed and cut into 2-inch cubes
- 1/2 teaspoon salt
- pepper, black ground, to taste
- 1 tablespoon extra-virgin olive oil
- 1 medium carrot(s), finely chopped
- 1 small onion(s), finely chopped
- 1 tablespoon flour, all-purpose
- 1 3/4 cup(s) wine, dry red
- 1 cup(s) broth, reduced-sodium beef
- 1 can(s) tomatoes, diced, 14-ounce can
- 4 clove(s) garlic, minced
- 1 tablespoon rosemary, fresh, finely chopped
- 1 cup(s) onion(s), pearl, peeled; or frozen small onions, rinsed under warm water to thaw
- 1 cup(s) turnips, baby, peeled (1/4 inch of green left on), halved; or regular turnips cut into 1/2-inch wedges
- 1 1/2 cup(s) carrot(s), baby
- 1 1/2 cup(s) peas, frozen, or fresh
- 2 tablespoon parsley, chopped

Preparation

1. Season lamb with salt and pepper. Heat oil in a large deep skillet or Dutch oven. Add the lamb and cook, turning from time to time, until browned on all sides, about 6 minutes. Transfer to a plate.
2. Add carrot and onion to the pan; cook, stirring often, until lightly browned, about 3 minutes. Sprinkle flour over the vegetables; stir to coat. Add wine and scrape up any browned bits.
3. Simmer until reduced slightly, 2 to 3 minutes.
4. Add broth, tomatoes, garlic and rosemary; bring to a simmer. Return the lamb to the pan. Reduce heat to low, cover and simmer for 1 1/4 hours, checking from time to time to make sure it does not boil too rapidly.
5. Stir in pearl onions, turnips and carrots. Simmer, covered, until the lamb and vegetables are tender, about 30 minutes.
6. Add peas and heat through. Sprinkle with parsley and serve.