



INGREDIENTS

- 2 Pounds Lamb Shoulder (trimmed and cut into chunks)
- 4 Cups Yukon Gold Potatoes (peeled and sliced thinly)
- 2 Cups Onions (thinly sliced)
- 1 Cup Carrots (sliced into rounds)
- 2 Tablespoons Flour
- 1 Teaspoon Dried Thyme
- 4 Cups Beef Stock
- 2 Tablespoons Worcestershire Sauce
- Salt and Black Pepper (to taste)
- 1 Bunch Fresh Parsley (finely chopped for garnish)
- Oil (for sautéing)

DIRECTIONS

1. In a pot, heat a drizzle of oil over medium-high heat. Add the lamb chunks in batches, searing until golden brown. Once browned, remove the meat and set aside.
2. Add the sliced onions and carrots to the same pot. Sauté until the onions are translucent and caramelizing, about 5-7 minutes.
3. Transfer lamb and vegetables to the slow cooker. Add beef stock, Worcestershire sauce, thyme, salt, pepper and potatoes. Cook on low for 6-8 hours, or until the lamb is tender.
4. Once done, let the hotpot sit for 10 minutes to firm up before serving. Garnish with parsley.

MEAL PATTERN CONTRIBUTION

-  Vegetable
-  Meat/Meat Alternate

MEAL TYPE



YIELD

16 Cups

PORTION SIZES

Toddler:	1 Cup
Preschool:	1½ Cups
School Age:	2 Cups
Adult:	2 Cups