**Another Delicious Recipe From**

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**Slow Cooker Lamb Stew**

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| **Ingredients**1 onion, sliced2 lb lamb, cut into 1” cubes2 cups carrots, large baby carrots or 1” slices2 cups potatoes, 2” pieces28oz can crushed tomatoes15oz can garbanzo beans¼ cup flour2 tablespoons pepper1 teaspoon salt2 tablespoons olive oil2 cups water | 20150313_000713-1 |

**Directions**

1. Put flour, salt, pepper and lamb in plastic food storage bag and coat meat evenly.
2. Brown the meat over medium-high heat in olive oil, working in batches to brown the edges of the meat without cooking through. Use slotted spoon to transfer meat from skillet to crockpot.
3. Add onion to same skillet and sauté until golden brown, scraping up the remaining bits of lamb.
4. Add cooked onions, and remaining ingredients to the crockpot.
5. Cover and cook on low for 8 to 10 hours.