**Another Delicious Recipe From**

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**Slow Cooker Lamb Stew**

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| **Ingredients**  1 onion, sliced  2 lb lamb, cut into 1” cubes  2 cups carrots, large baby carrots or 1” slices  2 cups potatoes, 2” pieces  28oz can crushed tomatoes  15oz can garbanzo beans  ¼ cup flour  2 tablespoons pepper  1 teaspoon salt  2 tablespoons olive oil  2 cups water | [20150313_000713-1](http://simplebrunchideas.com/wp-content/uploads/2015/03/20150313_000713-1.jpg) |

**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.