

Saucy Slow Cooker Lamb Chops with Leeks and Potatoes

Meat, whether lamb or beef, is always a favourite at Irish holiday meals. By combining lean lamb with a heavy assortment of vegetables this hearty meal will hit the spot especially alongside some Irish soda or brown bread.

The added ease of making this meal is that it can cook long and gently in the slow cooker while St. Patrick Day festivities are brewing.

1/4 cup (50 mL) all purpose flour
2 tbsp (25 mL) minced fresh parsley
1 tsp (5 mL) dried thyme
1/4 tsp (1 mL) each salt and freshly ground black pepper
3 tbsp (45 mL) canola oil
8 lean lamb shoulder chops, about 3 lbs/1.5 kg
2 leeks, white and light green part only, sliced
1 large onion, chopped
3 carrots, cut in chunks
2 lbs (1 kg) Ontario potatoes, peeled and cubed
1 can (19 oz/540 mL) stewed tomatoes
1 cup (250 mL) beef stock
1 cup (250 mL) Irish lager beer, such as Harp's
Gravy:

2 tbsp (25 mL) all purpose flour
3 tbsp (45 mL) water

In shallow dish combine flour, parsley, thyme, salt and pepper. Trim any visible fat from chops and dredge in flour mixture. Reserve any remaining flour mixture.

Heat 2 tbsp (25 mL) of the oil in nonstick skillet, brown lamb chops on both sides and place in slow cooker.

Add remaining oil to skillet and return to medium heat. Cook leeks and onion for about 5 minutes or until browned. Scrape into slow cooker.

Add potatoes, carrots and tomatoes to slow cooker. Pour over stock and beer and cover and cook on Low for 8 to 10 hours or until lamb and potatoes are very tender.

Gravy: Using slotted spoon, remove lamb and vegetables to large serving dish. In small bowl, whisk together flour and water and stir into remaining juices in slow cooker. Turn slow cooker up to High and cook for about 10 minutes or until slightly thickened. Pour over lamb and vegetables and serve.

Makes 8 servings.

Per serving: 560 calories, 28 g protein, 32 g fat, 39 g carbohydrates, 3 g fibre, 460 mg sodium, 860 mg potassium

Good Source of Vitamins B3 and C, Source of Vitamins B1 and B2, Source of Folate, Source of Iron

