

# AIMEE'S FAVORITE LAMB SOUP

DRIPPING SPRINGS  
FARMERS MARKET



## INGREDIENTS:

- 2 lbs lamb stew meat
- 1 onion: cut 1" pieces
- 3 cups lamb bone broth
- 1 ½ tsp salt
- 10 oz baby peas (1 pkg)
- 2 Carrots, chopped in large pieces
- 2 Tbsp olive oil
- 8 cloves minced garlic
- 3 cups red wine (preferably Cabernet)
- 3/4 tsp. of black pepper
- Bouquet of herbs (rosemary, thyme, sage)
- 2 Tbsp chopped parsley

## DIRECTIONS:

Season meat with salt and pepper. In a large Dutch oven brown lamb until all sides are well seared. Remove lamb to plate. Add onions and garlic and lightly brown. Add wine and bring to a boil, scraping the bottom pot to loosen all the brown bits. Add meat back to the pot and add lamb bone broth, carrots, and herb bouquet. Bring to a boil. Cover, reduce heat to low. Cook for at least 60 minutes or until lamb is fork tender. Remove herb bouquet and stir in peas, cook additional 5 minutes. Sprinkle with fresh parsley to serve.

Enjoy!



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