

# Easy Lamb Creole Gumbo

6 to 8 servings

Preparation time: 10 minutes

Cook time: 2 hours

- 1 pound **American Lamb** leg or shoulder, cut into 1-inch cubes
- 3 tablespoons all-purpose flour
- 2 tablespoons oil
- 2 cans (16 ounces each) stewed tomatoes
- 4 cups chicken broth
- 1 cup white wine
- 1/4 cup chopped parsley
- 1/2 lemon, sliced
- 2 teaspoons salt
- 1 teaspoon dried thyme leaves, crushed
- 1 bay leaf
- 1 garlic clove, finely chopped
- 1 package (10 ounces) frozen sliced okra, defrosted
- 1 can (15 ounces) black-eyed peas, rinsed and drained

Coat lamb with flour. In large pan with cover, heat oil over medium-hot heat. Add lamb and brown. Stir in tomatoes, broth, wine, parsley, lemon, salt, thyme, bay leaf and garlic. Simmer, covered, 1-1/2 hours. Add okra and black-eyed peas. Cook 10 to 15 additional minutes. Remove bay leaf before serving.

*Nutrition per serving: 324 calories, 19 g protein, 22 g carbohydrate, 16 g total fat (43% calories from fat), 54 mg cholesterol, 4 g fiber, 1501 mg sodium, 4 mg niacin, 0.11 mg vitamin B6, 1 mcg vitamin B12, 3 mg iron, 3 mg zinc.*

Recipe and image provided by the American Lamb Board