

Braised Lamb Chops with Artichokes

Yield: 6 min
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/lamb-shoulder-chop-recipe-indian>

Ingredients:

- 12 lamb shoulder chops each about 3/4 inch thick
- fine sea salt
- freshly ground pepper
- 3 tablespoons olive oil
- 3 garlic cloves minced
- 1 tablespoon fresh marjoram finely chopped, plus sprigs for garnish
- 14 1/2 fluid ounces beef stock or consommé
- 1 1/4 cups dry white wine or vermouth
- 3 tablespoons tomato paste
- 3/4 cup green olives French, such as Lucque or Picholine, pitted and halved
- 2 boxes frozen artichoke hearts each 10 oz., thawed

Nutrition:

1. Calories: 490 calories
2. Carbohydrate: 6 grams
3. Cholesterol: 150 milligrams
4. Fat: 27 grams
5. Fiber: 1 grams
6. Protein: 45 grams
7. SaturatedFat: 8 grams
8. Sodium: 760 milligrams
9. Sugar: 2 grams

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