

Slow Cooker Lamb

Yield: 6 min
Total Time: 250 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-lamb-slow-cooker-recipe>

Ingredients:

- 2 pounds lamb cut into cubes
- 2 tablespoons olive oil
- 1/2 cup onion chopped
- 1 garlic clove sliced
- 10 garlic cloves whole skin-on
- 1 cup stock veg, beef
- 2 tablespoons ketchup
- 1 tablespoon mustard paste
- 1 tablespoon soy sauce
- 2 tablespoons brown sugar
- 1 tablespoon paprika smoked
- 3 bay leaves
- 2 sprigs rosemary fresh
- 2 sprigs thyme fresh
- 1 tablespoon cornstarch
- 1/2 teaspoon salt
- 1/2 teaspoon pepper

Nutrition:

1. Calories: 520 calories
2. Carbohydrate: 12 grams
3. Cholesterol: 110 milligrams
4. Fat: 40 grams
5. Fiber: 1 grams
6. Protein: 28 grams
7. SaturatedFat: 16 grams
8. Sodium: 580 milligrams
9. Sugar: 6 grams

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