

Tomato Bredie

Yield: 6 min

Total Time: 150 min

Recipe from: <https://www.recipeschoose.com/recipes/turkish-potato-lamb-casserole-recipe>

Ingredients:

- 1 tablespoon vegetable oil
- 3 1/2 pounds lamb or mutton breast chops, chopped into portions
- 2 tablespoons cake flour
- 1 onion large, chopped
- 2 1/4 pounds fresh tomatoes chopped
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper freshly
- 6 whole white peppercorns
- 2 bay leaves
- 1 teaspoon brown sugar
- 1 tablespoon white vinegar
- 1 dash worcestershire sauce
- 1 cube beef bouillon cube
- 2 potatoes medium, quartered, optional

Nutrition:

1. Calories: 870 calories
2. Carbohydrate: 23 grams
3. Cholesterol: 195 milligrams
4. Fat: 63 grams
5. Fiber: 4 grams
6. Protein: 49 grams
7. SaturatedFat: 27 grams
8. Sodium: 670 milligrams
9. Sugar: 7 grams

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