

Scouse

Yield: 4 min
Total Time: 180 min

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

Ingredients:

- 2 tablespoons butter ghee, or coconut oil
- 2 pounds lamb neck shoulder, or stew meat, or beef chuck roast, bone-in preferred
- 1 onion medium, chopped
- 1 1/2 pounds potatoes peeled and cut into bite-sized chunks, divided
- 2 cups chicken broth
- 3 large carrots about 3/4 lb, peeled and cut into bite-sized chunks
- 1 tablespoon worcestershire sauce
- salt
- pepper
- red cabbage pickled, or beets to serve

Nutrition:

1. Calories: 240 calories
2. Carbohydrate: 40 grams
3. Cholesterol: 15 milligrams
4. Fat: 7 grams
5. Fiber: 7 grams
6. Protein: 7 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 370 milligrams
9. Sugar: 7 grams

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