

RECIPE OF THE WEEK: PALEO EDITION

Lamb with Sweet Red Peppers

Ingredients:

1 lb boneless leg of lamb, cut into 1" pieces
¼ tsp sea salt
½ tsp freshly ground black pepper
2 Tbs coconut oil
2 garlic cloves, minced
2 cups hot water
4 large red bell peppers, sliced into rings
3 tbs fresh parsley, chopped

Instructions:

1. Rub lamb with sea salt and freshly ground black pepper. Set aside
2. Heat a large skillet over high heat and add coconut oil when hot
3. Brown the lamb on all sides, turning frequently (3-5 minutes)
4. Add garlic and water to the pan with the lamb, and bring to a boil
5. Once boiling, reduce heat to medium, and cook partially covered for 30 mins.
6. Uncover and cook 10-15 mins longer, or until the lamb is tender enough to fall apart with a fork
7. Add red peppers and cook for another 10 mins, or until peppers are tender.
8. Top with fresh parsley.

Recipe Details:

1. Approximate cooking time: 60 mins
2. Makes dinner for two, with leftovers for lunch

Compliments of paleoplan.com

