

# Lamb and Green Bean Stew

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*A simple stew perfect for chilly winter nights. Tender green beans, hearty lamb, and zesty tomato sauce are tied together in a simple soup that is simmered to perfection. This hearty dish is surprisingly easy to prepare so whip it up when you get home from work and serve it with crusty bread and white wine for a truly delectable dinner any night of the week.*

## Ingredients:

3 Tbsp olive oil  
1 large onion, chopped  
1 stalk celery, chopped  
3 lb cubed lamb stew meat  
1 (8 oz) can tomato sauce  
3 c. hot water  
2 lb fresh green beans trimmed  
1 Tbsp chopped fresh parsley  
½ tsp dried mint  
½ tsp dried dill weed  
1 pinch ground cinnamon  
1 pinch white sugar  
salt and pepper, to taste

## Directions:

1. In large soup pot or Dutch oven heat oil over medium heat. Add onion and celery and sauté until golden and aromatic, approximately 5 minutes.
2. Stir in lamb and cook until evenly browned. Stir in tomato sauce and water; reduce heat and simmer for 1 hour.
3. Stir in green beans and season with parsley, mint, dill cinnamon, sugar, salt and pepper. Simmer until beans are tender. Serve hot.

*Author: Catherine Herzog*