



# Garlic & Herb Crusted Rack of lamb

This makes a beautiful center piece for family dinner  
Serve with mashed potatoes and fresh tossed salad

<b>Prep Time</b>	15 mins
<b>Cook Time</b>	2 hours
<b>Servings</b>	Family of 5

## Ingredients:

1 lb ground or stew  
2 tbsp oil  
1 1/2 cups chopped onion  
1 garlic clove minced  
1 - 2 tbsp curry powder  
1/2 tsp ginger  
dash cinnamon (optional)  
1 - 16oz can diced tomatoes  
1/2 cup water  
1/2 tsp salt  
2 medium potatoes, small cubes

## Procedure:

1. Heat Dutch Oven with oil. Sear meat until no longer pink.
2. Remove meat and place to the side.
3. Add onions, garlic, and seasonings. Cook until tender and lightly browned.
4. Return meat into pot with tomatoes (undrained), 1/2 cup water and salt
5. Cover and simmer for 1 hour.
6. Add potatoes, cover and continue to simmer for 30 mins.
7. If want thicker sauce, combine 1/4 cup cold water and 3 tbsp cornstarch together. Pour into curry. Simmer for another 3-5 minutes until bubbly and thickened.