

## LOW CARB, LOW SODIUM LAMB STEW

Prarie Natural Lamb , Strasburg, Colorado

Marilyn Wentz- AGA newsletter editor

You can cut shoulder chops or sirloin steaks into chunks or use kebob meat. Those who adhere to a Weston A. Price Foundation diet can use bone broth in place of broth powder and water, and lard, butter or olive oil in place of canola oil.

Makes four servings.

1 small onion, sliced

2 T canola oil

1 pound lamb stew meat

1/2 tsp garlic powder

3/8 tsp black pepper

1 tsp sodium free chicken broth powder

1 cup boiling water

3/4 cup diced tomatoes, canned without salt

2 carrots, peeled and cut in chunk

1 small potato, peeled and cut into eight pieces

1 small turnip, peeled and cut into eight pieces

2 T chopped parseley

1/2 cup red wine

1 T cornstarch

1 T cold water

In a heavy oven proof pan, soften the onion in the hot oil over medium heat, and when it is close to becoming translucent, add the meat, garlic powder, and pepper. Stir-fry for a few minutes over medium heat to combine the flavors and coat the meat with the oil.

Add the chicken broth powder, the boiling water and the tomatoes. Stir to mix thoroughly, cover the pan and place in a 300 degree oven for an hour. Prepare the vegetables, and add them and the wine to the stew, stir to mix thoroughly, and return to the oven for about another hour and a half. Dissolve the cornstarch in the cold water, and add some of the hot liquid from the stew by tablespoons, until the mixture is about a 1/3 of a cup in volume. Add the cornstarch mixture to the stew, stir to mix thoroughly, and return to the oven for about another 45 minutes.

I compute the entire recipe to have 3 carbs - one each in the cornstarch, the potato, and the turnip. So less than 1 carb per serving.

For persons who are not limiting sodium, use garlic salt in place of garlic powder, and beef or chicken broth powder which is prepared with salt. However, this really tastes just fine as written above!