

Lamb Stew with Artichoke Hearts

- 1/2 cauliflower, cut into large florets
- 1/2 eggplant, partially peeled, cubed
- 2 potatoes, cubed, or 10 new potatoes, quartered
- 1-2 onions, chopped
- 1 T olive oil
- 1 1/2 lb [lamb shoulder](#), cubed, patted dry
- 2 zucchini, halved, sliced 1/2-inch thick
- 2 portobello mushrooms, cubed, or button mushrooms, halved
- 1 375 g (13 oz) package frozen artichoke hearts, quartered
- 1 28 oz can whole tomato, roughly chopped, or a can of diced tomatoes
- 3 c water
- 2 scallions, finely chopped as garnish
- sea salt and freshly ground black pepper to taste

In a large ovenproof pot, heat olive oil over medium heat and sauté onion until softened. Remove onion. Brown meat, half at a time, turning it to brown evenly. Add all ingredients and cover pot. Bring to a boil, then either simmer on top of the stove or continue cooking in a 350F oven, stirring a few times, for about 1 hour. Season with salt and pepper. Serve garnished with scallions. Serves 8.

If you plan to freeze the lamb stew, omit the potatoes.

For a crispy, spicy contrast, roast the remainder of the cauliflower and eggplant, using [this recipe](#), and serve along with the stew.

Jittery Cook