

Traders of the Bighorn

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Cowboy Cooking

Navajo Lamb Stew

1 lb. boneless lamb shoulder cubed

1 Chicken-flavored bouillon cube

2 tbs. flour

1 cup chopped potatoes

1 tsp. salt

1 cup sliced onions

1/8 tsp. black pepper

1 cup sliced carrots

1 clove garlic, crushed

1/2 cup celery, diced

1 tbs. olive oil

1/2 tsp. dried rosemary

4 cups water

1/2 tsp. dried thyme

Toss the meat cubes lightly with the flour and season with salt and pepper. In a medium skillet brown meat with garlic several minutes in olive oil. Pour meat into soup kettle or large pan with the water and remaining ingredients, except herbs. Bring to a boil.

Reduce heat and simmer an hour uncovered. During the last 20 minutes of cooking, add herbs. Delicious served with Adobe bread.