

# Lamb and Vegetable Casserole

## with Masala Chai Tea

2 lbs Lamb shoulder (cubed)  
1 C Carrots (sliced)  
1 C Celery (sliced)  
1 C Onion (chopped)  
2 cloves Garlic (minced)  
1/4 C Flour  
2 C Lamb broth

1 C Tomato paste  
1 † Cumin  
1 † Coriander  
Salt and pepper to taste  
1/2 C Masala Chai Tea (brewed and cooled)

**PREHEAT** your oven to 350°F and grease a 9x13-inch baking dish.

**DREDGE** lamb shoulder in flour, shaking off excess.

**BROWN** the lamb in a large skillet over medium heat, then transfer to the baking dish.

**SAUTÉ** carrots, celery, onion, and garlic in the same skillet until tender.

**ADD** lamb broth, tomato paste, brewed Masala Chai Tea, cumin, coriander, salt, and pepper. Bring to a boil.

**POUR** the mixture over the lamb in the baking dish.

**COVER** and bake for 1 1/2 to 2 hours, or until the lamb is tender.