

# Lamb Burgoo



**FOODSERVICE**

**SERVING SIZE: 10**

## Ingredients

- 1 pound Lamb for Stew Meat
- 2 tablespoons Olive Oil
- 3 Ribs Celery Small Dice
- 1 1/2 teaspoons Elephant Garlic Minced
- 2 Onions Small Dice
- 2 1/4 cups Furmano's White Kidney Beans
- 2 cups Merlot
- 1 teaspoon Lamb Base
- 4 cups Furmano's Stewed Tomatoes
- 1 cup Frozen Corn
- 1 Red Bell Pepper Diced
- 1 1/2 cups Water
- 1 1/2 cups Furmano's Chick Peas
- 1 teaspoon Salt
- 1/2 teaspoon Black Pepper Flakes
- 1 Bunch of Cilantro, chopped

## In This Recipe



White Kidney Beans  
(Cannellini Beans) - 15.5 oz.



Chick Peas (Garbanzo  
Beans) - 15.5 oz.



White Kidney Beans  
(Cannellini Beans)

## Preparation

1. Season lamb with salt and pepper and set aside.
2. Put medium stockpot on burner and turn on medium heat, add oil and let simmer.
3. Add lamb meat and brown on all sides and remove to bowl.
4. Add onion, celery, red pepper and brown moving around with a wooden spoon to release the fond. Then add garlic and stir for a minute.
5. Add stewed tomatoes, white kidney beans, chickpeas, corn, merlot and lamb base. Stir and bring to a boil. Reduce down to a simmer and add lamb back in.
6. Let simmer for 1-1.5 hours. Serve warm over Spelt.