

LAMB PAPERISSO

*1kg diced lamb
1 clove of garlic
1tsp of oregano
6 chopped tomatoes or tin tomatoes
Small can tomato puree
1 diced onion
1 tin kidney beans
1 red pepper
1 yellow pepper
1-2 hot chillis*

*Brown the lamb in a large saucepan, with a little oil and flour, with the oregano.
Chop garlic, chilli, peppers and onion and soften with a little oil, add the lamb.
Add chopped tomatoes, tomato puree and kidney beans.
Simmer until meat is tender, It may be necessary to add a little stock and thicken so the meat is in a nice spicy tomato sauce.*

*Serve with a savoury couscous or rice.
Can also be served with good Italian sundried tomato bread.*

Sent in by Julie Mayes