

Mediterranean-Braised australian lamb Shoulder Chops recipe



RECIPE SERVES 3



- 6 Australian lamb shoulder chops
- 3 tablespoons olive oil
- 3 tablespoons garlic, finely chopped
- 1 ½ cups red peppers, diced
- 6 cups canned tomatoes
- 1 ½ cups black olives, sliced
- 3 cups artichoke hearts, quartered
- 2 tablespoons fresh oregano, chopped

1. Heat olive oil in a large casserole dish. Brown shoulder chops on both sides and remove. Add garlic and red peppers to pan and brown slightly. Add the canned tomatoes, olives and shoulder chops.
2. Bring liquid to a boil, then reduce to a simmer. Simmer for about 1 hour or until meat is tender. Stir in artichoke hearts and oregano. Cook for an additional 10 minutes. For each serving, place 1 chop with $\frac{3}{4}$ cup sauce on a serving plate.