



## Slow Cooker Moroccan Lamb Stew

2 servings | Hands On Time: 20 minutes | Total Time: 6-7 hours

Hudspeth River Ranch, Lamb Stew Meat, thawed  
Texas Farm Patch Cabbage, tough outer leaves and core removed, chopped into 1" pieces  
Fruitful Hill Farm Carrots, leaves and stem end removed, chopped into 2" pieces  
Gundermann Acres or My Father's Farm Radishes, leaves removed, sliced into thin rounds  
Bee Tree Farm & Dairy Feta Cheese  
Phoenicia Bakery & Deli Whole Wheat Pita Bread  
Farmhouse Kitchen Moroccan Sauce, stirred well before use  
Sea salt and fresh cracked black pepper  
Olive or vegetable oil

### Morning

**Step 1.** Preheat a large cast iron skillet or saute pan over medium-high heat. While the skillet is preheating, season the lamb stew meat with  $\frac{1}{2}$  tsp. salt and pepper. When the skillet begins to smoke, add 2 tbsp. oil, followed by the seasoned meat in a single layer. Sear and brown the meat for approximately 2-3 minutes on each side. (Note: Depending on the size of your pan, you may need to sear the meat in batches. Add the first batch to the slow cooker while you sear the second batch.) Turn off heat and carefully add the Moroccan sauce. Use a spatula or wooden spoon to scrape the bottom of the pan to deglaze and release the flavorful crust that develops.

**Step 2.** Transfer the meat and sauce to the slow cooker. Add the chopped carrots and cabbage to the slow cooker. Stir to combine and submerge the vegetables in the sauce as best as you can. Adjust the slow cooker temperature setting to low and cook for 6 hours.

### Afternoon

**Step 3.** After 6 hours of slow cooking, the lamb and vegetables should be tender. Season with salt and pepper to taste. Keep warm until ready to serve.

**Step 4.** Heat the pita bread in a skillet or in a 350°F degree oven until soft and pliable. Cut the pita bread into triangles.

**Step 5.** To serve, ladle the Moroccan lamb and vegetable stew into serving bowls. Top the stew with sliced radishes and feta cheese. Use the pita bread triangles to scoop up the savory Moroccan sauce. Enjoy!