

## Slow Cooker Orange Lamb & Lima Bean Stew with Basil Pistou and Arugula & Shaved Turnip Salad

4 SERVINGS | HANDS ON TIME: 10 minutes | TOTAL TIME: 5-8 hours

Hudspeth River Ranch Lamb Stew Meat, thawed  
Bouldin Food Forest Arugula, washed and dried  
Gundermann Acres Fresh Lima Beans, thawed  
Johnson's Backyard Garden Turnips, washed, ends trimmed, peeled  
Farmhouse Kitchen Orange-Thyme Stew Sauce, thawed  
Farmhouse Kitchen Basil Pistou, stirred well before use  
Farmhouse Kitchen Orange Vinaigrette, shaken or stirred well before use  
Sea salt and fresh cracked black pepper  
Olive or vegetable oil

**Notes:** A 2-3.5 quart slow cooker is recommended. The amount of time needed to stew the meat until tender will vary depending on the brand of slow cooker. If you prefer, you can skip the searing instructions in Step 1 and place the meat and sauce directly into the slow cooker insert.

### MORNING

**STEP 1** Place a large skillet or saute pan over medium-high heat. As the pan is heating, pat the lamb dry with paper towels. Cut any larger pieces of lamb in half or thirds so that all pieces are about the same size. When the pan just begins to smoke, add 1 tbsp. oil. Add the lamb meat to the pan in a single layer. Season with 1 tsp. salt and pepper. Brown the lamb on all sides, about 5-7 minutes. Turn off the heat and transfer the browned lamb to the slow cooker insert. (Depending on the size of your pan, you may need to brown the lamb in batches, adding the first batch to the slow cooker before searing the next batch.) Next, add the lima beans to the slow cooker insert.

**STEP 2** Carefully pour the orange-thyme stew sauce into the hot skillet to deglaze. Use a wooden spoon to scrape up the flavorful crust that has developed. Transfer the stew sauce from the skillet to the slow cooker insert. Stir to coat and submerge the ingredients. Set the slow cooker temperature to low and cook for 8 hours or set the temperature to high and cook for 5 hours. After slow cooking, the lamb should be tender and easily cut with a fork. The lima beans should be creamy and tender. Season with salt and pepper to taste. Reduce the heat to warm.

### EVENING

**STEP 3** About 5 minutes before you're ready to serve, prepare the vegetables. Tear the arugula into bite sized pieces and place in a salad or mixing bowl. Shave the turnips as thinly as possible with a knife or vegetable peeler and add to the arugula. Dress the arugula and shaved turnip salad with half of the orange vinaigrette. Season with salt, pepper, and additional vinaigrette to taste.

**STEP 4** To serve, ladle the orange lamb and lima bean stew into serving bowls. Drizzle the basil pistou over top. Serve with a side of dressed arugula and shaved turnip salad. Enjoy!