

Slow Cooked Lamb Casserole



 Serves: 8  Prep: 5 minutes  Cook: 6 hours 30 minutes  [Stack Cup](#)

This hearty, slow-cooked casserole is the perfect family meal for a cold winters day. This one-pot meal is super easy to make and is great when you don't want to stand in front of a hot plate all night!!! Once prepared simply transfer into a slow-cooker, set and forget. Did I mention it freezes well too?

Metric

Imperial

ingredients	
Lamb, diced	1000 g
2 Tbsp garlic-infused olive oil	36 g
5 rashers short-cut bacon, diced	150 g
1 Tbsp ground coriander	8 g
1 Tbsp ground cumin	8 g
1 tsp ground cardamon	2 g
½ cup red wine	125 g
½ cup tomato paste	115 g
1 tin diced tomatoes	400 g
1 tin canned lentils, drained, rinsed	400 g
2 cups Low FODMAP Beef stock	500 g

3 large carrots, diced	225 g
Mashed potato, to serve	1000 g
Parsley, to serve	

Method

Step 1

Heat oil in a large, heavy based pan

Step 2

Cook lamb in batches until browned, set aside

Step 3

In the same pan, cook bacon until browned, add spices and cook for a further minute or until fragrant

Step 4

Add red wine, tomato paste, diced tomatoes, lentils and stock, bring to the boil

Step 5

Add cooked lamb, carrot and sauce mixture into a slow cooker

Step 6

Cook on medium heat setting for 5-6 hours or until meat is tender and flaky and sauce has thickened

Step 7

Serve with mashed potato and garnish with parsley

Hints

- Use lean diced lamb where possible
- This casserole can be cooked in a large batch and stored in the freezer for a convenient mid-week meal

