

Roasted Lamb with Sweet Potatoes

Serving size: Lamb + Sweet Potatoes

Serves: 4



1/2 c. lamb stock (beef or vegetable stock if lamb stock not available)
2 T. olive oil
2 T. onion, minced
1 T. brown sugar
1 T. cider vinegar
1 T. dijon mustard
1 t. dried rosemary
1 clove garlic, minced
1/2 t. kosher salt
10 turns freshly ground black pepper
1-1/2 lbs shoulder of lamb roast
1-1/2 lbs sweet potatoes, peeled and cubed



In a large ziptop bag mix together stock through salt and pepper. Close the top, shake well to mix thoroughly. Add lamb and refrigerate for 4 hours or overnight.

Preheat oven to 325°F. In a casserole dish, add the lamb and marinade. Cover, and cook for 1 hour. Add sweet potatoes, stir to mix in with the marinade, cover again and cook for an additional 30 minutes. Remove from oven and let sit, covered, for 10 minutes.

Slice lamb across the grain and divide between plates. Remove sweet potatoes from liquid and divide between plates. Drizzle lamb and potatoes with cooked the juices from the pan. Serve.

Estimated calories: 729 cal/serving