

# Lamb Chops Paprika with Noodles

## **Servings: 6**

*6 (about 3 pounds)  
shoulder lamb chops  
shortening  
1 cup onions, sliced  
1 clove garlic, minced  
2 teaspoons paprika  
2 green peppers, cut into  
1/2 inch strips  
1/4 cup tomato puree'  
1 can (10-1/2 ounces) beef  
broth  
2 teaspoons salt  
dash ground red pepper  
1 1/2 cups sour cream  
1 package (8 ounce)  
noodles, cooked and  
drained*

Trim the excess fat fro the chops.

In a large skillet, heat the shortening. Add the chops and saute' until well browned. Remove the chops and set aside.

Pour the excess fat from the skillet. Add the onins, garlic and peprike. Cook until the onion is soft, about 5 minutes. Add the green pepper, chops, tomato puree', undiluted broth and salt. Cover and cook slowly fo 45 to 50 minutes, or until the lamb is tender. Add the grownd red pepper and sour cream. Heat just until hot (Do not boil).

Serve the lamb chop and sauce over noodles.

*Per Serving (excluding unknk items): 181 Calories; 13g Fat (60.7% calories from fat); 5g Protein; 13g Carbohydrate; 2 Dietary Fiber; 32mg Choleste 958mg Sodium. Exchanges: Grain(Starch); 0 Lean Meat; Vegetable; 0 Non-Fat Milk; 2 Fat.*