
Lamb with Dill

Home Cookin - Junior League of Wichita Falls, TX - 1976

3 pounds lean lamb, cubed
3 tablespoons butter
1/2 cup diced onion
5 tablespoons flour
1 3/4 cups red wine
1 1/2 teaspoons dill weed
1 pound mushrooms
1/2 cup sour cream
salt
pepper

In a skillet, brown the lamb and onion in butter. Sprinkle flour over the lamb. Mix well.

Add the broth, wine and dill weed. Simmer for one hour.

(Best if refrigerated overnight.)

Remove the excess fat from the top. Add the mushrooms.

Bake at 350 degrees for 20 minutes (or simmer on the top of the stove).

Add the sour cream, salt and pepper to taste.

Serve over rice.

Yield: 6 to 8 servings

Beef

Per Serving (excluding unknown items): 1135 Calories; 61g Fat (60.7% calories from fat); 19g Protein; 70g Carbohydrate; 8g Dietary Fiber; 144mg Cholesterol; 705mg Sodium. Exchanges: 2 Grain(Starch); 6 Vegetable; 1/2 Non-Fat Milk; 11 1/2 Fat.