

Herbed Lamb Stew

Shopping List:

Produce

- 2 cloves garlic
- 2 cups potatoes
- 1 1/2 cups carrots
- 1 1/2 cups celery
- 1/2 cup onion

Protein

- 1 pound lamb or pork stew meat

Dairy

- 1/2 cup sour cream

Pantry

- 2 tablespoons cooking oil
- 2 cups beef broth
- 1 cup dry red wine or beef broth
- 1 teaspoon dried marjoram
- 1 bay leaf
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 3 tablespoons all-purpose flour