

Hearty Lamb Stew

Ingredients

6oz lamb, cut into 1 inch dice
1 medium carrot, medium dice
¼ cup onion, medium dice
¼ cup celery, medium dice
½ cup russet potato, small dice
1 clove garlic, minced
1 tsp dried thyme leaves
1 tsp Dijon mustard
1 cup French onion soup, canned
Pinch of salt and pepper

Method

Place all ingredients into convectionware and stir to combine.

Seal lid on convectionware and place into a 450 degree oven for 30 minutes.