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easy & delicious recipes

Lamb & Veg Soup

Introduction:

Hearty, lovely, big family soup! If you do not want to pay the cost of lamb knuckles, any cheaper cut of lamb will do. You can even use less – but do not use beef or chicken, this soup really benefits by the hearty, lamb taste.

Ingredients

45 ml olive oil
900 g lamb knuckles
1.8 litres prepared lamb or beef stock
1 x 410 g can chopped tomato
80 g tomato paste
2 large carrots, coarsely chopped
2 large onions, coarsely chopped
2 stalks celery, finely sliced
500 g frozen mixed vegetables (any combination of your choice)
15 ml finely chopped rosemary
80 ml finely chopped parsley
finely chopped garlic
dried red chili flakes
freshly-milled black pepper
sprinkling sugar
garnishes: sliced fresh tomatoes, fresh dill
grated parmesan cheese
Jan Tripepi's Pesto ([Click here for recipe](#))

Method

Heat half the oil in a large saucepan and add the meat. Brown lightly and add the stock, chopped tomato and tomato paste. Bring to a boil, reduce heat and cover. Simmer for an hour then using a slotted spoon or tongs, remove the meat from the stock and set aside to cool enough to handle. Also remove the saucepan from the heat and set aside with the stock inside.

Heat the remaining oil in a large frying pan and sauté the carrots, onions and celery until soft and golden.

Meanwhile cut the meat off the bones, discard the bones, cut the meat into small dice and add it to the vegetables in the pan. Brown lightly

Now scoop off the fat that has risen to the top of the stock and puree the stock until smooth. Return it the heat and add sautéed vegetables and meat, frozen vegetables, parsley and rosemary.

Bring to a boil, reduce heat, cover and simmer for a further 30 – 45 minutes or until the meat and vegetables are really tender and the soup is cooked to your liking.

Now season the soup generously and to your liking with finely garlic, chili flakes, pepper and sugar and simmer a few more minutes. It will not require added salt as the stock is salty, but if you want to, add more salt.

Garnish and serve with the parmesan and pesto as well as crusty ciabatta bread drizzled with garlic-infused olive oil.

Serves 6 – 8