

# Quickie Baked Lamb Chops



## Ingredients:

8 Alberta lamb chops 1 inch thick  
2 tbsp. shortening  
½ cup chopped onion  
½ cup fresh or canned whole mushrooms  
2 tbsp. chopped green pepper  
8 small onions  
8 small potatoes, peeled  
4 tomatoes, peeled and halved  
Seasoning

## Method:

In a frying pan, heat shortening until foamy. Add lamb chops and cook until browned on both sides. Remove chops from pan and set aside. Stir in remaining ingredients and continue cooking until onion is transparent. Allow 2 chops per person. Place each portion on a 15 inch square of heavy aluminum foil, top with mushroom mixture. Divide the vegetables between the portions, season and seal tightly. Bake in a shallow pan for 1 hour or until meat is tender.

Recipe courtesy of Karen Collin, Lethbridge, Alberta

Your Notes



You've got **GREAT** taste!

[www.AlbertaLamb.ca](http://www.AlbertaLamb.ca)