



FEIFEI LIU
TRADITIONAL
CHINESE MEDICINE
WWW.FLTCM.COM

830 E St Rd 434,
Longwood Fl, 32750
Phone: 407-951-7841
Text:407-529-4155
Email: info@fltcm.com

Lamb and Potato soup

- 1 lb. Ground Lamb
- 1 Cup diced potatoes
- ½ Cup sliced carrot
- ½ Cup sliced celery
- ½ Cup diced onion
- ½ Cup Frozen peas
- 2 Tbs. serrano pepper(optional)- we used a cubanelle pepper
- 1 Roma Tomato - diced (remove skin)
- 4 Cups Low Sodium Chicken Broth
- 2 Tbs. Olive oil
- 2 Tbs. Fresh chopped Rosemary
- 2 Cloves Fresh Garlic- minced
- 1 tsp. Sea Salt
- ½ -1 tsp. Black Pepper
- ½ tsp. Paprika

Directions:

1. In a heavy bottom pot heat on med-hi heat. Add oil, Add ground lamb meat. Let cook 5 minutes or until starting to brown. Then stir to cook through.
2. Add serrano pepper, onion, celery, carrot, salt, pepper, and cook 5-7 minutes.
3. Add minced garlic, rosemary, and paprika. If it gets too dry add a small amount of broth so paprika doesn't burn. Cook 1-2 minutes.
4. Add the remaining broth and cook for 15-20 minutes, or until vegetables are cooked through. *You may need to add some water 1 cup at a time if soup gets too low.