

## **LAMB CHOPS WITH CHINESE VEGETABLES**

**SOURCE: PRUDENTIAL LIFESTYLES COOKING (Mrs. Martha Turnier, Fresno CA)**

### **INGREDIENTS:**

4 shoulder lamb chops, 1" thick  
1 16 oz can Chinese vegetables, drained, liquid reserved  
1 8 oz can water chestnuts, drained/thinly sliced, liquid reserved  
3 TBS soy sauce  
2 beef bouillon cubes  
1 clove garlic, minced  
1 medium onion, sliced  
2 TBS cornstarch  
1/4 C water  
1 green pepper, cut into 1/8" strips  
4 cherry tomatoes

### **DIRECTIONS:**

Trim excess fat from meat. Lightly grease large skillet with excess fat - brown meat - drain off fat. Measured reserved vegetable liquid (if necessary, add water to measure 3/4 C liquid) - to liquid, add soy sauce, bouillon cubes & garlic in skillet - heat to boiling - reduce heat & add onion - cover/simmer 30 minutes or till meat is tender. Remove meat - blend cornstarch & water in bowl - stir gradually into skillet - cook, stirring constantly, till mixture thickens & boils - boil/stir 1 minutes - add green pepper, Chinese vegetables & water chestnuts - add meat & tomatoes. Cover/simmer 10 minutes.

Serves: 4                      (240 calories per serving)