



This stew is flavored with a pleasing combination of herbs and lemon to highlight the lamb and vegetables.

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Family Weekly Cookbook / MELANIE DE PROFT, Food Editor.

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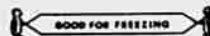
Lamb Stew

TO PREPARE: 30 MIN. TO COOK: ABOUT 1½ HRS.

- 2 lbs. lamb stew meat, cut in 2-in. pieces
- 2½ teaspoons salt
- ¼ teaspoon black pepper
- 1 small bay leaf
- ¼ teaspoon sweet basil
- ¼ teaspoon marjoram
- ¼ teaspoon savory
- 1 small clove garlic, crushed in a garlic press
- 1 teaspoon grated lemon peel
- 3 tablespoons lemon juice
- 2 tablespoons brown sugar
- 2 lbs. potatoes, diced (about 4½ cups)
- 1 lb. carrots, sliced 1 in. thick (about 2 cups)
- 2 large onions, sliced (about 2 cups)
- 3 stalks celery, cut in 1-in. slices (about 1 cup)
- 1 10-oz. pkg. frozen green peas

1. Combine the lamb with the next nine ingredients in a large, heavy kettle or sauce pot; add water to cover. Set over medium heat and bring to boiling; cover tightly, reduce heat, and simmer 45 min., or until lamb is almost tender. If necessary, chill to remove excess fat from surface.
2. Stir the brown sugar, potatoes, carrots, onions, and celery into mixture in kettle; cover and bring to boiling. Cook over low heat 35 to 45 min., or until vegetables are tender; add the frozen peas 15 min. before end of cooking time. 6 to 8 servings

Cream of Navy Bean Soup



TO PREPARE AND COOK: ABOUT 1½ HRS.
(allow time for soaking beans)

- 2 cups navy (pea) beans
- 5 cups quick beef broth (use 5 beef bouillon cubes and 5 cups hot water)
- 2 cups chopped onion
- 3 tablespoons butter or margarine
- 3 tablespoons flour
- 2 cups milk
- 1 cup cream
- ¼ teaspoon seasoned salt
- ¼ teaspoon black pepper
- ¼ teaspoon paprika

1. Wash beans and soak overnight in water to cover.
2. Drain beans and put into a large, heavy saucepan. Add the broth and onion to the saucepan; stir well. Cover and simmer until beans are soft and mushy, about 1 hr.
3. Force bean mixture through sieve or food mill and set aside.
4. Heat 3 tablespoons butter in a large saucepan. Stir in the flour and cook until mixture bubbles and browns lightly. Remove from heat and add the milk gradually, stirring constantly. Return to heat, continue to stir, bring rapidly to boiling, and cook 1 to 2 min. longer.
5. Stir in the bean purée, cream, seasoned salt, pepper, and paprika. Heat thoroughly, stirring constantly. Garnish with minced parsley and serve with generous amounts of crumbled bacon or well-browned croutons. About 2 qts. (Continued)