

Angels Cook Book



Lamb and Winter Vegetable Stew

2 tablespoons vegetable oil	¼ teaspoon ground black pepper
1 pound lamb stew meat, cubed	2 cups peeled, seeded, and sliced butternut squash
2 cups beef broth	1 cup peeled, sliced parsnips
1 cup dry red wine	1 cup peeled, chopped sweet potatoes
2 cloves garlic, minced	1 cup sliced celery
1 tablespoon chopped fresh thyme	½ cup sour cream
3 tablespoons all-purpose flour	1 bay leaf
1 medium onion, thinly sliced	
¼ teaspoon salt	

Instructions:

Heat oil in a large saucepan. Add lamb; brown on all sides. Drain fat.

Stir in beef broth and wine; season with garlic, thyme, bay leaf, salt, and black pepper. Bring to a boil; reduce heat, cover, and simmer 20 minutes.

Stir in squash, onion, parsnips, sweet potatoes, and celery; bring to a boil, then reduce heat and simmer until vegetables are tender, about 30 minutes.

Combine sour cream and flour in a small bowl; gradually whisk in ½ cup cooking liquid.

Stir sour cream mixture into stew; remove bay leaf. Continue cooking and stirring until thickened.

Nutritional Information

Serving Size: 8 servings • Calories: 208

www.allrecipes.com/recipe/44318/lamb-and-winter-vegetable-stew/



Citrus Shortbread Cookies

2 cups all-purpose flour	1 tablespoon grated orange zest, or more to taste
¼ teaspoon baking powder	¾ cup confectioners' sugar
⅛ teaspoon salt	2 teaspoons vanilla extract
1 cup butter, softened	½ teaspoon almond extract
2 cups sweetened dried cranberries, chopped	

Instructions:

Gather all ingredients.

Combine flour, baking powder, and salt in a bowl; set aside.

Beat the butter and confectioners' sugar with an electric mixer in a large bowl until smooth. Stir in the vanilla and almond extracts and orange zest.

Mix in the flour mixture until just incorporated. Fold in the cranberries; mixing just enough to evenly combine.

Divide the dough into 2 equal portions, then roll into logs about 7 inches long. Wrap each log in wax paper or plastic wrap, and chill in the refrigerator for at least 4 hours.

Preheat an oven to 350°F (175°C). Remove wax paper, and cut the cookie dough into 1/2-inch slices.

Arrange the slices on a baking sheet about 1 inch apart.

Bake in the preheated oven until firm but not browned, about 10 minutes.

Allow to cool, then enjoy!

Nutritional Information

Serving Size: 24 servings • Calories: 153

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