

## Braised Lamb Chops

**Prep time:** 10 Minutes

**Cook time:** 90 Minutes

**Servings:** 2-4

### Ingredients:

2 lamb shoulder chops  
1 tablespoon ghee or grass fed butter  
1 teaspoon ground fennel  
1 teaspoon minced garlic  
1 teaspoon salt  
1 tablespoon olive oil (optional)  
1 yellow onion, sliced  
1 14.5 ounce can of diced tomatoes  
1/2 cup of chicken or beef stock  
1/4 cup of balsamic vinegar

### Instructions:

Preheat oven to 350 degrees.

Combine ghee, fennel, garlic, and salt in a small bowl to create a paste. Rub the paste onto both sides of chops to coat.

Heat a dutch oven over medium high heat until hot. Brown the lamb chops, cooking approximately 5 minutes per side. Once brown, remove to a small plate.

Add olive oil if needed (if the lamb renders enough fat you can omit), then add onions and sauté for 5-8 minutes or until tender. Add tomatoes, stock, and balsamic vinegar and bring to a simmer.

Return the chops to the pan and cover with the sauce mixture. Cook, covered for 1 hour. At the 30 and 45 minute marks, stir and baste chops with sauce. Cook uncovered for the last 15 minutes and let sauce begin to thicken. To test for doneness, the lamb chops should be very tender, falling off of the bone.

Serve with the sauce and enjoy!

