

Summer Soup with Lamb

Ingredients

1 pound ground lamb
1 green pepper
2 cups diced okra (if available)
1 onion
4-5 large tomatoes (or substitute one 32 oz can of tomatoes)
3 cups lima beans (or substitute frozen lima beans)
3 cups corn (or substitute canned or frozen corn)
1 ½ quart chicken or other type of broth
½ teaspoon thyme
1 teaspoon salt
½ teaspoon black pepper
¼ teaspoon cayenne pepper
3 tablespoons oil

Cooking directions

Add oil to stock pot or dutch oven and brown the lamb in the oil. Coarsely chop onion and green pepper and add to the browning lamb. Stir and cook for about 4 minutes on medium high heat. Add the rest of the ingredients and bring to a boil. Stir, reduce heat and simmer for about an hour. Delicious served with cornbread, garlic toast or biscuits.