

# Lamb and Vegetable Soup

**Calories:** 162 kcal

**Servings:** 1

**Time:** 30 Mins

## Ingredients

- 2.00 cups Beef Stock (salt reduced)
- 0.10 g Black Pepper
- 50.00 g Celery (chopped)
- 1.00 clove Garlic (crushed)
- 60.00 g Lamb (diced)
- 2.00 tsp Lemon Juice
- 1.00 tsp Olive Oil
- 20.00 g Onions (chopped finely)
- 40.00 g Red Capsicum (chopped)
- 60.00 g Silverbeet (finely chopped)

## Instructions

1. Heat oil in a large saucepan or pot. Cook lamb until browned, then set lamb aside on a plate.
2. In the same pan, cook onion, celery, capsicum and garlic. Stir for 3 minutes until onion softens.
3. Add lamb back into the pan, and 2 cups of beef stock. Bring to a boil, then reduce heat to a simmer, cover pan with the lid. Simmer for 15 minutes until meat is tender.
4. Add silver beet and lemon juice, season with black pepper. Simmer uncovered for 5 minutes or until silver beet wilts. Serve while hot.