

*COOKING TIP:* For best results, combine lamb stew meat with water or stock, vegetables, and desired spices and slow cook until meat is tender.

*SUGGESTED SEASONINGS:* Garlic • Lemon Pepper • Olive Oil • Mint • Lemon Juice • Oregano • Basil • Worcestershire Sauce • Dijon Mustard • Rosemary

Try our Lamb Stew in a Bread Bowl recipe at [www.superiorfarms.com](http://www.superiorfarms.com).

## Lamb Stew Meat

### Nutrition Facts

Serving Size 4 oz. (113g)

Servings Per Container: varied

**Calories 150**

Calories from Fat 54

\*Percent Daily Values are based on a 2,000 calorie diet.

Amount Per Serving	% DV*	Amount Per Serving	% DV*
<b>Total Fat</b> 6g	9%	<b>Total Carbohydrate</b> 0g	0%
Saturated Fat 2g	10%	Dietary Fiber 0g	0%
<b>Cholesterol</b> 75mg	25%	Sugars 0g	
<b>Sodium</b> 75mg	3%	<b>Protein</b> 23g	
Vitamin A 0%		Vitamin C 0%	
		Calcium 2%	
		Iron 10%	