

From Sam Cunningham, Cunnington Farms, Moab, UT

GREAT RECIPE FOR THOSE LESS DESIRABLE CUTS, LIKE LAMB SHANKS, ETC.

Use several cuts of lamb: neck, shanks, less desirable steaks, chops, etc.

4 cloves of garlic, minced

1 onion, chopped

1 qt. of home-canned tomatoes, or a 16 oz. can

1/2 c chicken stock

1 tsp rosemary

1 tsp. basil .

Put all ingredients into a pressure cooker and bring up to pressure for your area. Cook for 25 minutes.

Cool. Season with salt and pepper to taste. Remove bones. Serve over rice.