

# Food Therapy



Host, Lynn Ogryzlo

Join Lynn every Saturday morning at 11 am for delicious discussions on health and wellness.

## **Skillet Lamb Ragout**

- 2 tablespoons extra-virgin olive oil, divided
- 1 celery stalk, diced
- lots of mushrooms
- handful of pearl onions
- 2 carrots, peeled and diced
- 6 garlic cloves, roughly chopped
- 1 cup dry red wine or beef broth
- 1 can diced tomatoes
- 2 tbsp tomato paste
- sprigs of fresh thyme
- 2 nests of wide egg pasta
- leftover leg of lamb, about a pound, cubed
- sea salt and freshly cracked black pepper

In a skillet, add the first 6 ingredients and cook for 6 minutes or until the vegetables begin to soften. Add the wine/broth, tomatoes, tomato paste and thyme. Season generously with salt and pepper. Bring to a simmer and add the pasta of your choice. Cook for about 20 minutes or until the pasta is al' denta. In the last 3 minutes of cooking time, add the leftover lamb. Cook until warmed through. Serves 2.



Recipe courtesy of food writer, Lynn Ogryzlo  
Photograph courtesy of [www.playswellwithbutter.com](http://www.playswellwithbutter.com)  
Episode #56: Easy Skillet Cooking

Email Lynn with questions or comments at [lynnogryzlo@gmail.com](mailto:lynnogryzlo@gmail.com)

**Because What You Put In Your Body Matters!**