

Carrboro
FARMERS' MARKET
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Recipe of the Week

March 15, 2008

**Captain John's Family Recipe:
Low Country Lamb Chili**
Recipe provided by Farmers: Robert and Henry Pope

Robert and Henry Pope raise grass fed free range Dorper lambs and sell their product at the Carrboro Farmer's market. This is a family recipe that dates back to 1863 when Captain John Pope learned how to cook country vittles. This dish has been enjoyed by the Pope Family for 140 years!

1 med. onion, chopped
1 garlic clove, minced
3 tablespoons of olive oil
3 lbs. of ground lamb*
4 cans Margaret Holmes corn, tomato, okra mix, undrained
4 cans condensed tomato soup, undiluted
2 cans (about 14 oz. each) diced tomatoes
1 Captain John's andouille sausage*
1 tablespoon Tabasco (more if you like it spicy*)
Salt/pepper to taste
Shredded cheddar cheese

Brown onions, garlic, and ground lamb in oil over medium-high heat, stirring to break up the meat. Add corn, tomato, okra mix, tomato soup, diced tomatoes, andouille sausage, Tabasco, and salt/pepper. Simmer 2-3 hours. Serve with shredded cheddar cheese, if desired.

*Captain John prefers Tabasco over other hot sauces because of its low sodium content

**Available at Market*

(Announcement on back)

www.carrborofarmersmarket.com
info@carrborofarmersmarket.com
919.280.3326