roast leg of lamb with garlic mashed potatoes and green beans with tomatoes

TOTAL TIME

2 hours, 30 minutes

MAKES 4



APRON'S ADVICE

Allow lamb to marinate in rub overnight; the herbs will permeate the meat. For extra flavor, add 4 strips of cooked bacon to the green beans and tomatoes.

SHOPPING LIST

Dairy

1 (20-oz) package refrigerated mashed potatoes 1 cup shredded cheddar cheese

Dry Grocery

1/2 tsp black pepper

1 tbsp garlic salt
2 (14 1/2-oz) cans green beans
1/4 cup lemon juice
1/4 tsp liquid smoke flavoring
1/4 tsp onion powder
2 tbsp oregano
1/4 cup roasted garlic
1 tbsp seasoned salt
1 (14 1/2-oz) can stewed tomatoes
1/4 cup tomato sauce

Meat

4 lb leg of lamb

Suggested Items

Publix Bakery potato rolls festive cake tossed salad



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COOKING SEQUENCE

- Complete leg of lamb and remove from oven: 2 hours 15 minute
- Begin green beans: 4 minute
- Cook potatoes and finish beans: 6 minutes
- Carve lamb and serve: 5 minutes

roast leg of lamb

INGREDIENTS

4-pound leg of lamb 1/2 teaspoon black pepper 1/4 cup roasted garlic 2 tablespoons oregano 1/4 cup tomato sauce 1/4 teaspoon onion powder 1/4 cup lemon juice 1 tablespoon seasoned salt

STEPS

- 1. Preheat oven to 450°F.
- 2. Rinse roast and place fat side up in roasting pan on a rack.
- 3. Score the fat side of the roast in a diamond pattern. Scoring is making 1/4-inch deep diagonal cuts along the top of the roast.
- 4. Mix all remaining ingredients in mixing bowl to create a wet rub.
- 5. Spoon half of the rub over top of the roast. Be sure to scoop some of the garlic from the bottom.
- 6. Using hands, spread rub evenly over roast.
- 7. Turn roast and repeat scoring process and rub process. Wash hands.
- 8. Place on rack in roasting pan and bake for 20 minutes. Reuduce heat to 325°F and bake for an additional 1 hour and 40 minutes. This will roast the lamb to medium, which will register 155°F on a meat thermometer.

garlic mashed potatoes

INGREDIENTS

one 20-ounce package refrigerated mashed potatoes

1/2 teaspoon garlic salt 1/4 teaspoon liquid smoke flavoring

1 cup shredded Cheddar cheese

STEPS

- 1. Mix all ingredients in microwave-safe bowl.
- 2. Cover and microwave on high for 6 minutes, stirring at two-minute intervals. Serve.

green beans with tomatoes

INGREDIENTS

one 14 1/2-ounce can stewed tomatoes

two 14 1/2-ounce cans green beans

STEPS

- 1. Preheat saucepan on medium-high for 2-3 minutes.
- 2. Add green beans and stewed tomatoes; cook for 10 minutes, stirring occasionally.

Calories (kcal) 817; Total Fat (g) 49.7; Saturated Fat (g) 21.5; Cholesterol (mg) 187; Carbohydrate (g) 38.4; Dietary Fiber (g) 8.8; Protein (g) 51.3; Sodium (mg) 2458; Potassium (mg) 623; Calcium (mg) 244; Iron (mg) 8.9 Vitamin A 23%; Vitamin C 39%; Calcium 44% Iron 49%