

Slow Cooker Racks of Lamb

Slow Cooker Racks of Lamb

2 Racks of lamb

Onion

Potatoes

Olive Oil

Fresh Herbs

Sea Salt

Pepper

Oregano

Drizzle olive oil in slow cooker

Toss in potatoes and onions and coat well

Season Racks of Lamb with salt, pepper (if tolerated) and Greek Oregano

Add racks of lamb on top of potato/onion mixture

Add some broth (or even water) to the sides of lamb (not much, just about 4 TBS)

Add fresh herbs on top and surrounding lamb

Add love

Set on 7-8 hours LOW

Forget it and ENJOY!

