



## Worcestershire-drenched Lamb Chops

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by Stacey Francis, DC

- 1 rack of lamb, divided into chops
- 1 medium onion, chopped
- 3 celery ribs, chopped
- 3 cloves garlic, minced
- 2 cups Worcestershire sauce
- 2 tablespoons Tabasco sauce
- 2 teaspoons garlic powder
- 1 teaspoon sea salt
- 1 teaspoon freshly ground black pepper

Place lamb chops in a casserole dish with lid. In a small bowl, mix onion, Worcestershire sauce, Tabasco sauce, garlic powder, sea salt, and pepper. Pour mixture over lamb chops, cover and refrigerate for 12 hours. Mix chops and marinade again, to make ensure chops are covered in sauce and marinate for an additional 12 hours.

Preheat oven to 375°F. Place uncovered casserole into the oven and bake for 1 hour.

Serves: 4.