

Slow-Cooked Lamb with Mint & Green Beans

Hands-on 15 minutes Overall 6-10 hours

Nutritional values (per serving, about 170 g/ 6 oz + green beans): Total carbs: 12 g,

Fiber: 4.4 g, **Net carbs: 7.6 g**, Protein: 39.6 g, Fat: 38.3 g, Calories: 552 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 4 servings)

1 lamb leg, bone in (about 1.6 kg/ 3.5 lb) - *will yield about 50% meat*

2 tbsp [ghee](#), tallow *or* lard (30 ml)

4 cloves garlic

1/4 cup freshly chopped mint *or* 1-2 tbsp dried mint

6 cups green beans, trimmed (600 g/ 1.3 lb / 21.2 oz)

1/2 tsp sea salt

freshly ground black pepper

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Instructions

1. Pre-warm the slow cooker. Using a paper towel, pat dry the lamb and season with salt and pepper. Grease a large pot with ghee.
2. Place the lamb in the pot greased with ghee and fry until golden brown.
3. Using tongs, turn on the other side and brown from all sides. When done, take off the heat and set aside.
4. Peel and slice the garlic and chop the mint. Place the lamb in the slow cooker and sprinkle garlic and mint all over. You shouldn't need any water, however, if the lamb becomes dry, add half to one cup of water.
5. Cover with a lid and cook on *high* for 6 hours or *low* for 10 hours [in a slow cooker / crock pot](#).
6. After 4 hours of cooking, transfer the lamb to a plate.
7. Place the green beans into the slow cooker and add the lamb. Cook for another 2 hours until the green beans are crisp-tender and the meat is soft and juicy. Enjoy!

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