

*Carrboro*  
**FARMERS' MARKET**  
locally grown  nationally known

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*

