



IRON SKILLET LAMB CHOPS

INGREDIENTS:

- 1 4oz in bone lamb loin chop
- 1/2 tsp steak seasoning of choice
- 6 oz dark beer stout

DIRECTIONS:

1. Season lamb chop with seasoning
 2. Let sit at room temperature for ~20 minutes
 3. While lamb chop rest, pre-heat oven to 375 F
 4. Place iron skillet on the stove top at medium-high heat
 5. Once hot, place the lamb chop on the iron skillet. Slowly add 3 oz of the dark beer. Cook for 4 minutes.
 6. Flip, pour the other 3 oz of dark beer and cook for an additional 4 minutes
 7. Place iron skillet in the oven, bake for 6-10 minutes. Increased temperature based on temperature preference.
 8. Remove the fat on the side
- Enjoy!



Makes 1 Lamb Chop

Calories: 375 | Protein: 33 g | Carb: 5 g | Fat: 10 g | Fiber: 0 g