



Everything HERBAL

by Cheryl Jabz

Faith • Herbs • Health



IRISH LAMB STEW

Hearty • Comforting • Full of Flavor

Luke 11:42 (KJV)

“...ye tithe
mint and rue
and all manner
of herbs...”

MADE WITH HERBS



THYME

Earthy and comforting,
perfect for slow-cooked
meals.



ROSEMARY

Piney and aromatic,
adds depth and warmth
to hearty dishes.



PARSLEY

Bright and fresh,
brings color and
nutritional goodness.



BAY LEAF

Aromatic and savory,
enhances flavor in
soups and stews.

RECIPE HIGHLIGHTS



Tender lamb slow-cooked
with vegetables and herbs.



Comforting, nourishing,
and perfect for any season.



A true taste of Ireland
from our kitchen to yours!

FEATURING SIMPLE INGREDIENTS



LAMB



POTATOES



CARROTS



ONION



GARLIC



FRESH HERBS

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THIS RECIPE!

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NATURAL INGREDIENTS



FAITH INSPIRED



HERBAL LIVING



MADE WITH LOVE

