

Lamb and Lentil Stew

SERVINGS: 4
TIME: 1 HOUR 30 MIN

INGREDIENTS

- 1 pound ground lamb
- 1 cup dry lentils (rinsed and drained)
- 2 medium carrots, diced (or 1 can of diced carrots, drained)
- 2 medium potatoes, diced (or 1 can of diced potatoes, drained)
- 1 onion, diced (if available)
- 2 cloves garlic, minced (if available)
- 1 cup green beans, trimmed and cut into bite-sized pieces (fresh or canned)
- 1 can (14 ounces) diced tomatoes
- 1 can (15 ounces) garbanzo beans, drained and rinsed
- 3 cups beef or vegetable broth (or water if broth is not available)
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground allspice
- Salt and pepper to taste
- Olive oil for cooking



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PROCEDURE

1. Cook the lamb in a large pot over medium heat until browned, breaking it up with a spoon.
2. Add the onion and garlic to the pot and cook until the onion is translucent, about 3-4 minutes.
3. Add the carrots, potatoes, and green beans to the pot. Cook for another 5 minutes, stirring occasionally.
4. Pour in the diced tomatoes (with their juices) and garbanzo beans. Stir to combine.
5. Add the lentils to the pot, followed by the ground coriander, ground cumin, ground cinnamon, and ground allspice. Stir well to evenly distribute the spices.
6. Pour in broth until all ingredients are covered. Season with salt and pepper to taste.
7. Bring the stew to a boil, then reduce the heat to low and cover the pot with a lid.
8. Let the stew simmer for about 1 hour, stirring occasionally, or until the lentils and vegetables are tender and the flavors have melded together.
9. Once the stew is ready, taste and adjust seasoning if needed. Ladle the stew into bowls and serve hot.

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