



A Vegetable Stew - Tabakh Rohoo

 Gluten Free

READY IN



115 min.

SERVINGS



8

CALORIES



194 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons mint dried
- 1 pound eggplant cubed peeled
- 6 cloves garlic crushed
- 1 tablespoon ghee (clarified butter)
- 1 tablespoon ghee melted (clarified butter)
- 1 to 2 chilies slit green
- 1 teaspoon ground allspice
- 1 pinch ground cardamom

- 0.5 teaspoon ground cinnamon
- 0.3 teaspoon ground cloves
- 0.3 teaspoon nutmeg
- 1 pound lamb stew meat cut into small pieces
- 2 onion sliced
- 1 potatoes peeled sliced
- 8 servings salt to taste
- 1 tablespoon tomato paste
- 2 pounds tomatoes cubed
- 0.3 cup water
- 1 pound zucchini sliced

Equipment

- bowl
- pot
- mortar and pestle

Directions

- Heat the ghee in a large pot over medium-high heat and stir in the lamb meat. Cook and stir until evenly browned. Season with allspice, cinnamon, cloves, nutmeg, and cardamom and mix well.
- Place a layer of onion on top of the lamb in the pot, but do not stir. Top with layers of potato, eggplant, zucchini, and tomatoes.
- Repeat the layers of vegetables until you have used them up, ending with tomatoes on top.
- Place the chile pepper in the center of the tomatoes. Season with salt. Dilute the tomato paste in the water, and pour it over the vegetables. Bring to a boil, reduce heat to low, and simmer 1 hour, until vegetables are tender.
- With a mortar and pestle, crush together the garlic, a pinch of salt, and the dried mint.
- Mix with 2 tablespoons of liquid from the pot, and drop by spoonfuls over the vegetables in the pot, but do not stir. Simmer for 5 minutes more.

Transfer the stew to a wide bowl or serving dish by gently tipping the pot and letting it slide out into the serving dish, while maintaining its layers.

Sprinkle with ghee, if desired.

Nutrition Facts

PROTEIN 29.58% **FAT 32.98%** **CARBS 37.44%**

Properties

Glycemic Index:45.47, Glycemic Load:6.18, Inflammation Score:-8, Nutrition Score:17.694782526597%

Flavonoids

Delphinidin: 48.59mg, Delphinidin: 48.59mg, Delphinidin: 48.59mg, Delphinidin: 48.59mg Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 6.86mg, Quercetin: 6.86mg, Quercetin: 6.86mg, Quercetin: 6.86mg

Nutrients (% of daily need)

Calories: 194.28kcal (9.71%), Fat: 7.4g (11.38%), Saturated Fat: 3.55g (22.18%), Carbohydrates: 18.9g (6.3%), Net Carbohydrates: 13.57g (4.93%), Sugar: 8.25g (9.17%), Cholesterol: 46.45mg (15.48%), Sodium: 282.49mg (12.28%), Alcohol: 0g (100%), Protein: 14.93g (29.85%), Vitamin C: 36.13mg (43.8%), Manganese: 0.64mg (31.81%), Potassium: 904.88mg (25.85%), Vitamin B12: 1.55µg (25.8%), Vitamin B3: 5.11mg (25.55%), Vitamin B6: 0.48mg (24.09%), Vitamin A: 1168.19IU (23.36%), Fiber: 5.33g (21.33%), Zinc: 3mg (20.03%), Phosphorus: 200.02mg (20%), Selenium: 13.87µg (19.81%), Folate: 69.27µg (17.32%), Vitamin B2: 0.26mg (15.43%), Magnesium: 60.04mg (15.01%), Iron: 2.58mg (14.33%), Copper: 0.28mg (13.92%), Vitamin K: 14.39µg (13.71%), Vitamin B1: 0.21mg (13.69%), Vitamin B5: 0.92mg (9.17%), Vitamin E: 1.08mg (7.2%), Calcium: 57.66mg (5.77%)