



African Lamb and Peanut Stew

 Dairy Free

READY IN



74 min.

SERVINGS



8

CALORIES



283 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 teaspoons canola oil
- ☐ 0.5 cup carrots sliced
- ☐ 10 ounce couscous
- ☐ 2 teaspoons garam masala
- ☐ 2 garlic cloves minced
- ☐ 1 jalapeno finely chopped
- ☐ 0.8 pound leg of lamb boneless trimmed cut into 1-inch cubes

- ☐ 1.5 cups cut okra frozen
- ☐ 1 large onion thinly sliced
- ☐ 0.3 cup chunky peanut butter natural-style
- ☐ 1.5 teaspoons salt
- ☐ 2 small sweet potatoes peeled cut into 1-inch cubes
- ☐ 2 cups tomatoes chopped
- ☐ 2 tablespoons tomato paste
- ☐ 2 cups water divided

Equipment

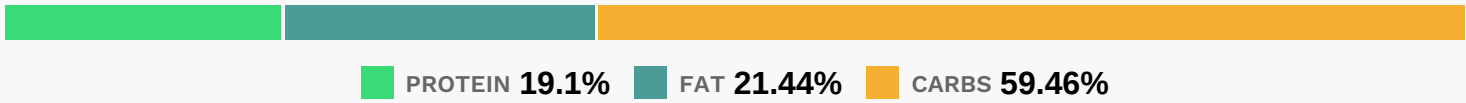
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ dutch oven

Directions

- ☐ Heat oil in a medium Dutch oven coated with cooking spray over medium-high heat.
- ☐ Add lamb, and cook 8 to 10 minutes or until browned, stirring frequently.
- ☐ Add garam masala, onion, and garlic; cook 3 to 4 minutes or until onion is tender, stirring frequently.
- ☐ Combine tomato paste and 1 cup water in a small bowl.
- ☐ Add tomato paste mixture and tomato to Dutch oven. Stir in remaining 1 cup water; bring mixture to a boil over medium-high heat.
- ☐ Add carrot and sweet potato; cover, reduce heat, and simmer 25 minutes or until vegetables are tender.
- ☐ Add okra; cook 5 minutes.
- ☐ Remove 1/4 cup cooking liquid from pan; place in a small bowl.
- ☐ Add peanut butter, and stir with a whisk.
- ☐ Add peanut butter mixture to pan; stir in jalapeo pepper, salt, and black pepper. Cook over medium-low heat 15 minutes or until thickened.

- ☐
- . While stew simmers, prepare couscous according to package directions, omitting salt and fat.
- ☐
- Serve stew over hot cooked couscous.

Nutrition Facts



Properties

Glycemic Index:52.48, Glycemic Load:21.75, Inflammation Score:-10, Nutrition Score:17.341304385144%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 8.08mg, Quercetin: 8.08mg, Quercetin: 8.08mg, Quercetin: 8.08mg

Nutrients (% of daily need)

Calories: 283.19kcal (14.16%), Fat: 6.81g (10.48%), Saturated Fat: 1.4g (8.75%), Carbohydrates: 42.52g (14.17%), Net Carbohydrates: 37.45g (13.62%), Sugar: 5.2g (5.78%), Cholesterol: 17.15mg (5.72%), Sodium: 553.18mg (24.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.66g (27.32%), Vitamin A: 6472.45IU (129.45%), Manganese: 0.75mg (37.31%), Vitamin B3: 4.82mg (24.1%), Fiber: 5.06g (20.25%), Phosphorus: 188.19mg (18.82%), Vitamin C: 15.24mg (18.47%), Magnesium: 65.04mg (16.26%), Vitamin B6: 0.32mg (15.87%), Potassium: 537.39mg (15.35%), Copper: 0.29mg (14.29%), Vitamin B1: 0.2mg (13.44%), Zinc: 1.89mg (12.62%), Vitamin B12: 0.72µg (12.06%), Folate: 46.66µg (11.67%), Vitamin K: 12.16µg (11.58%), Vitamin B5: 1.12mg (11.19%), Vitamin E: 1.6mg (10.65%), Selenium: 7.38µg (10.55%), Vitamin B2: 0.17mg (9.77%), Iron: 1.63mg (9.08%), Calcium: 55.19mg (5.52%)