



Ethiopian Spiced Lamb Stew



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



45

CALORIES



45 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tablespoon berbere
- ☐ 1 teaspoon dijon mustard
- ☐ 6 cloves garlic minced
- ☐ 45 servings kosher salt
- ☐ 3.5 pounds leg of lamb boneless cut into 1-inch cubes (see note)
- ☐ 1 tablespoon juice of lemon freshly squeezed
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 45 servings pepper freshly ground

- ☐ 2 plum tomatoes cut into 3/4-inch dice
- ☐ 2 onion red halved thinly sliced
- ☐ 2 tablespoons red wine
- ☐ 2 teaspoons rosemary finely chopped
- ☐ 1 large shallots thinly sliced (large)
- ☐ 1 teaspoon paprika smoked
- ☐ 2 teaspoons thyme leaves finely chopped
- ☐ 1 bell pepper yellow cut into 1/2-inch dice

Equipment

- ☐ bowl
- ☐ whisk
- ☐ slotted spoon

Directions

- ☐ In a small bowl, whisk the wine with the lemon juice, berbere, paprika and mustard.
- ☐ Season the lamb with salt and pepper. In a large enameled cast-iron casserole, heat the olive oil until shimmering.
- ☐ Add half of the lamb to the casserole and cook over moderately high heat, turning, until browned all over, 6 to 8 minutes. Using a slotted spoon, transfer the lamb to a medium bowl. Repeat with the remaining lamb.
- ☐ Add the onions, garlic, rosemary, thyme and a generous pinch each of salt and pepper to the casserole and cook over moderate heat, stirring occasionally, until the onions have softened, about 8 minutes.
- ☐ Add the lamb and any accumulated juices to the casserole along with the wine mixture, tomatoes, bell pepper and shallot. Cook over moderate heat, stirring, until the tomatoes and bell pepper have softened and the lamb is just cooked through, about 10 minutes. Season with salt and pepper and serve.

Nutrition Facts



 **PROTEIN 43.37%**  **FAT 46.03%**  **CARBS 10.6%**

Properties

Glycemic Index:7.42, Glycemic Load:0.21, Inflammation Score:-2, Nutrition Score:3.1769565240197%

Flavonoids

Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg

Nutrients (% of daily need)

Calories: 44.85kcal (2.24%), Fat: 2.24g (3.44%), Saturated Fat: 0.53g (3.32%), Carbohydrates: 1.16g (0.39%), Net Carbohydrates: 0.89g (0.32%), Sugar: 0.35g (0.39%), Cholesterol: 14.22mg (4.74%), Sodium: 219.65mg (9.55%), Alcohol: 0.07g (100%), Alcohol %: 0.24% (100%), Protein: 4.74g (9.48%), Vitamin B12: 0.6µg (10%), Selenium: 5.37µg (7.67%), Vitamin C: 6.13mg (7.42%), Vitamin B3: 1.44mg (7.22%), Zinc: 0.88mg (5.9%), Phosphorus: 47.25mg (4.73%), Vitamin B2: 0.06mg (3.54%), Iron: 0.59mg (3.26%), Vitamin B6: 0.06mg (2.97%), Potassium: 91.3mg (2.61%), Vitamin B1: 0.04mg (2.46%), Manganese: 0.04mg (2.16%), Magnesium: 7.89mg (1.97%), Copper: 0.04mg (1.93%), Folate: 7.52µg (1.88%), Vitamin B5: 0.18mg (1.81%), Vitamin E: 0.25mg (1.69%), Vitamin A: 56.2IU (1.12%), Vitamin K: 1.17µg (1.12%), Fiber: 0.27g (1.09%)