



Lamb Stew with White Beans and Ginger

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



534 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons anise seeds
- ☐ 45 oz .5 can cannellini beans rinsed drained canned
- ☐ 3 carrots peeled sliced (10 oz. total)
- ☐ 0.3 teaspoon cayenne
- ☐ 6 servings cilantro sprigs fresh
- ☐ 3 tablespoons cilantro leaves minced
- ☐ 2.5 cups fat-skimmed beef broth
- ☐ 0.8 cup flour all-purpose

- ☐ 1 tablespoon ginger fresh minced
- ☐ 0.5 teaspoon ground allspice
- ☐ 1.5 pounds boned lamb stew meat fat trimmed
- ☐ 8 oz onion peeled chopped
- ☐ 1 tablespoon orange peel grated
- ☐ 6 servings salt
- ☐ 2 tablespoons vegetable oil

Equipment

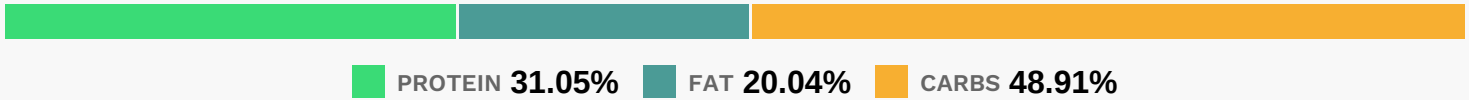
- ☐ bowl
- ☐ frying pan
- ☐ ziploc bags
- ☐ tongs

Directions

- ☐ Rinse lamb and pat dry.
- ☐ Place flour in a plastic bag and add about half the meat; seal bag and shake to coat pieces lightly with flour. With your hands or tongs, lift pieces out and shake off excess flour. Repeat with remaining lamb. Discard remaining flour.
- ☐ Set a 5- to 6-quart pan over medium-high heat.
- ☐ Add 1 tablespoon oil and tilt to coat pan bottom. When oil is hot, add about half the meat in a single layer, pieces slightly apart. Cook, turning as needed to brown all sides, about 6 minutes total.
- ☐ Transfer meat to a rimmed plate and repeat to brown remaining lamb, adding 1 more tablespoon oil.
- ☐ Transfer second batch to plate.
- ☐ Add onion to pan and stir until limp, about 2 minutes. Return all the lamb and any accumulated juices to pan, then stir in broth, ginger, orange peel, anise seeds, allspice, and cayenne. Bring to a boil over high heat, then cover, reduce heat to low, and simmer until meat is tender when pierced, about 1 hour.

- ☐ Add carrots, return to a boil, reduce heat, and simmer, covered, until carrots are tender when pierced, about 20 minutes.
- ☐ Add beans; cover and simmer, stirring occasionally, until hot, about 5 minutes. Stir in minced cilantro and salt to taste.
- ☐ Pour into a serving bowl.
- ☐ Garnish with cilantro sprigs.

Nutrition Facts



Properties

Glycemic Index:49.31, Glycemic Load:21.24, Inflammation Score:-10, Nutrition Score:38.223478441653%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 7.9mg, Quercetin: 7.9mg, Quercetin: 7.9mg, Quercetin: 7.9mg

Nutrients (% of daily need)

Calories: 533.97kcal (26.7%), Fat: 11.95g (18.38%), Saturated Fat: 3.09g (19.29%), Carbohydrates: 65.61g (21.87%), Net Carbohydrates: 52.9g (19.24%), Sugar: 3.89g (4.32%), Cholesterol: 73.71mg (24.57%), Sodium: 688.71mg (29.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.65g (83.29%), Vitamin A: 5162.58IU (103.25%), Manganese: 1.66mg (83.17%), Iron: 10.33mg (57.4%), Vitamin B12: 3.28µg (54.75%), Selenium: 37.44µg (53.49%), Folate: 207.74µg (51.94%), Fiber: 12.71g (50.83%), Zinc: 7.5mg (49.98%), Phosphorus: 467.71mg (46.77%), Vitamin B3: 8.95mg (44.74%), Potassium: 1532.19mg (43.78%), Magnesium: 155.58mg (38.9%), Copper: 0.72mg (36.23%), Vitamin B1: 0.53mg (35.16%), Vitamin B2: 0.49mg (28.54%), Vitamin B6: 0.47mg (23.56%), Calcium: 207.33mg (20.73%), Vitamin K: 19.73µg (18.79%), Vitamin E: 2.55mg (17.02%), Vitamin B5: 1.54mg (15.37%), Vitamin C: 6.59mg (7.99%)