



HEALTH SCORE

64%

Lebanese Lamb and Bean Stew



Dairy Free



Very Healthy

READY IN



300 min.

SERVINGS



8

CALORIES



491 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon cinnamon sticks (3-inch)
- ☐ 0.8 teaspoon pepper black
- ☐ 1 lb navy beans dried picked over rinsed
- ☐ 4 garlic clove finely chopped
- ☐ 2 lb lamb shoulder boneless trimmed cut into 1 1/2-inch cubes
- ☐ 2 tablespoons olive oil
- ☐ 2 medium onion chopped
- ☐ 8 servings wholewheat pita breads

- ☐ 2 teaspoons salt
- ☐ 3 tablespoons tomato paste
- ☐ 9 cups water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ colander

Directions

- ☐ Cover beans with cold water by 3 inches in a bowl and soak at room temperature at least 8 hours.
- ☐ Drain well in a colander.
- ☐ Bring lamb, baharat, and water (9 cups) to a boil in a 6- to 8-quart heavy pot, then vigorously simmer mixture, covered, until meat is almost tender, 1 1/4 to 1 1/2 hours.
- ☐ Add beans and cook, uncovered, until beans are tender, about 1 hour more. Meanwhile, heat oil over moderate heat in a 12-inch heavy skillet until hot but not smoking, then cook onions, garlic, 1/2 teaspoon salt, and 1/4 teaspoon pepper, stirring, until onions are pale golden and tender, 8 to 10 minutes. Stir in tomato paste and cook, stirring, 2 minutes. When beans are tender, stir in tomato-onion mixture and simmer until just heated through, about 5 minutes. Stir in remaining 1 1/2 teaspoons salt and 1/2 teaspoon black pepper.
- ☐ *A Middle Eastern and African ground-spice mixture that typically contains allspice, cinnamon, clove, cumin, Maras chile, and black pepper. Available at Middle Eastern markets and Formaggio Kitchen (888-212-3224; formaggiokitchen.com).
- ☐ Stew can be made 3 days ahead and cooled completely, uncovered, then chilled in an airtight container. Reheat in a 5- to 6-quart pot over moderate heat.

Nutrition Facts



Properties

Glycemic Index:29.5, Glycemic Load:30.2, Inflammation Score:-8, Nutrition Score:27.958260759063%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg 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: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg

Nutrients (% of daily need)

Calories: 491.41kcal (24.57%), Fat: 8.82g (13.57%), Saturated Fat: 2.03g (12.66%), Carbohydrates: 70.76g (23.59%), Net Carbohydrates: 54.37g (19.77%), Sugar: 4.13g (4.59%), Cholesterol: 45.72mg (15.24%), Sodium: 995.93mg (43.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.75g (65.51%), Manganese: 1.37mg (68.46%), Fiber: 16.39g (65.56%), Folate: 243.05µg (60.76%), Vitamin B1: 0.69mg (46.29%), Phosphorus: 434.15mg (43.42%), Zinc: 5.66mg (37.7%), Copper: 0.74mg (36.79%), Magnesium: 140.89mg (35.22%), Vitamin B3: 6.97mg (34.84%), Selenium: 23.16µg (33.09%), Vitamin B12: 1.91µg (31.79%), Iron: 5.53mg (30.71%), Potassium: 1058.08mg (30.23%), Vitamin B6: 0.44mg (21.78%), Vitamin B2: 0.33mg (19.45%), Calcium: 170.51mg (17.05%), Vitamin B5: 1.22mg (12.16%), Vitamin E: 0.96mg (6.42%), Vitamin K: 4.96µg (4.73%), Vitamin C: 3.86mg (4.67%), Vitamin A: 96.16IU (1.92%)