



Moroccan Slow-Cooked Lamb



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



402 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15.5 ounce garbanzo beans drained canned (chickpeas)
- ☐ 0.5 teaspoon cayenne pepper
- ☐ 2 cinnamon sticks
- ☐ 5 ounces apricots dried
- ☐ 1 teaspoon fennel seeds
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 1 tablespoon ginger fresh minced peeled
- ☐ 2 teaspoons ground coriander

- ☐ 1 tablespoon ground cumin
- ☐ 0.5 teaspoon ground pepper black
- ☐ 2.5 pounds boned lamb shoulder trimmed cut into 1 1/2- to 2-inch pieces
- ☐ 2 teaspoons lemon zest packed grated ()
- ☐ 2 cups low-salt chicken broth
- ☐ 4 tablespoons olive oil divided
- ☐ 1 large onion finely chopped
- ☐ 2 large plum tomatoes chopped
- ☐ 1.5 teaspoons salt
- ☐ 1 tablespoon tomato paste

Equipment

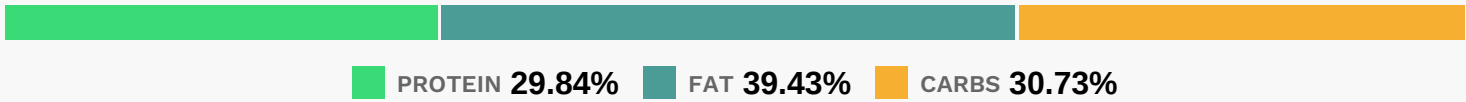
- ☐ bowl
- ☐ frying pan

Directions

- ☐ Mix first 6 ingredients in large bowl.
- ☐ Add lamb and toss to coat.
- ☐ Heat 2 tablespoons oil in heavy large skillet over medium-high heat. Working in batches, add lamb to skillet and cook until browned on all sides, turning occasionally and adding 2 more tablespoons oil to skillet between batches, about 8 minutes per batch.
- ☐ Transfer lamb to another large bowl after each batch.
- ☐ Add onion and tomato paste to drippings in skillet. Reduce heat to medium; sauté until onion is soft, about 5 minutes.
- ☐ Add broth, garbanzo beans, apricots, tomatoes, cinnamon sticks, ginger, and lemon peel and bring to boil, scraping up browned bits. Return lamb to skillet and bring to boil. Reduce heat to low, cover, and simmer until lamb is just tender, about 1 hour. Uncover and simmer until sauce thickens enough to coat spoon, about 20 minutes. Season with salt and pepper. (Can be prepared 1 day ahead. Cool slightly. Refrigerate uncovered until cold, then cover and keep chilled. Rewarm over medium-low heat, stirring occasionally.)
- ☐ Transfer lamb and sauce to bowl.

Sprinkle with cilantro and serve.

Nutrition Facts



Properties

Glycemic Index:50.79, Glycemic Load:8.05, Inflammation Score:-8, Nutrition Score:24.150000033171%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg 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: 5.27mg, Quercetin: 5.27mg, Quercetin: 5.27mg, Quercetin: 5.27mg

Nutrients (% of daily need)

Calories: 401.55kcal (20.08%), Fat: 18.08g (27.81%), Saturated Fat: 3.85g (24.09%), Carbohydrates: 31.7g (10.57%), Net Carbohydrates: 24.65g (8.96%), Sugar: 14.76g (16.4%), Cholesterol: 76.2mg (25.4%), Sodium: 919.03mg (39.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.78g (61.56%), Vitamin B12: 3.26µg (54.3%), Manganese: 1.05mg (52.4%), Vitamin B3: 9.29mg (46.44%), Selenium: 29.58µg (42.26%), Zinc: 5.84mg (38.93%), Phosphorus: 346.23mg (34.62%), Vitamin B6: 0.63mg (31.72%), Fiber: 7.05g (28.2%), Iron: 4.99mg (27.7%), Potassium: 950.79mg (27.17%), Vitamin A: 1171.92IU (23.44%), Copper: 0.43mg (21.63%), Vitamin B2: 0.35mg (20.62%), Vitamin E: 2.98mg (19.87%), Magnesium: 72.81mg (18.2%), Folate: 58.09µg (14.52%), Vitamin B1: 0.2mg (13.44%), Vitamin B5: 1.26mg (12.63%), Calcium: 97.16mg (9.72%), Vitamin K: 9.63µg (9.17%), Vitamin C: 6.99mg (8.47%)