



WHATSHEATE



HEALTH SCORE

90%

## Spicy Lamb Stew



Gluten Free



Dairy Free



Very Healthy



Popular

READY IN



235 min.

SERVINGS



4

CALORIES



494 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients



2 lbs lamb shoulder stew meat cut into 1½-inch cubes



4 servings olive oil extra virgin



2 onions yellow chopped



4 cloves garlic minced



2 bell peppers red chopped



2 pasilla chiles dry seeds removed chopped



1 Tbsp hungarian paprika hot



1.5 teaspoon ground cumin

- ☐ 1 pinch ground cardamon
- ☐ 1.5 cups chicken stock see [gluten-free for version](#) (use stock )
- ☐ 14 oz tomatoes whole canned
- ☐ 8 sprigs flat parsley fresh
- ☐ 4 sprigs thyme leaves
- ☐ 1 bay leaf
- ☐ 0.7 cup raisins
- ☐ 4 servings salt and pepper

## Equipment

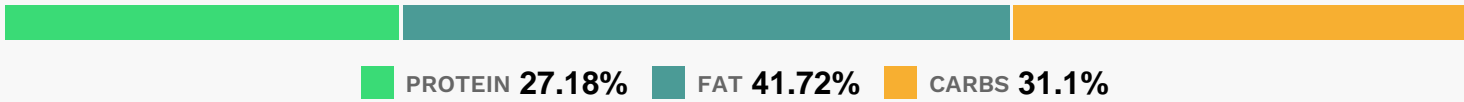
- ☐ bowl
- ☐ paper towels
- ☐ pot
- ☐ dutch oven
- ☐ cheesecloth
- ☐ kitchen twine

## Directions

- ☐ Sear the lamb on all sides: Pat the lamb dry with a paper towel. Drying the lamb this way first will help the lamb pieces brown.
- ☐ Heat 2 tablespoons of olive oil in a large, heavy, high-sided pot, such as a Dutch oven, over medium high heat. When the pot is hot, add the lamb pieces in batches, being careful not to crowd them. Cook, turning as needed so that the lamb pieces brown evenly on all sides, for 6-8 minutes.
- ☐ Transfer to a bowl.
- ☐ Sauté onions, peppers, chiles, garlic: Return the pot to medium-high heat.
- ☐ Add the onions, dried peppers and red bell peppers and stir to coat with the oil in the pot. Cook, stirring occasionally, for 5 minutes.
- ☐ Add the garlic and cook 1 more minute.

- ☐ Make a bouquet garni with parsley, thyme, bay leaf: Make a bouquet garni by placing the parsley, thyme and bay leaf in the center of a doubled over cheesecloth square. Gather the ends and secure with kitchen string.
- ☐ Add spices, tomatoes, lamb, stock, raisins, herbs, simmer and cook: Stir in the paprika, cumin, and cardamom and cook for a minute.
- ☐ Add the puréed (or cooked tomatoes put through a food mill) tomatoes, lamb, chicken stock, raisins and bouquet garni. Bring to a boil over high heat, decrease heat to low. Cook, partially covered, for about 3 hours, or until lamb is tender.
- ☐ Season to taste with salt and pepper.
- ☐ Serve over couscous or rice (gluten-free option).

## Nutrition Facts



## Properties

Glycemic Index:73.7, Glycemic Load:13.22, Inflammation Score:-10, Nutrition Score:35.715217383012%

## Flavonoids

Apigenin: 4.36mg, Apigenin: 4.36mg, Apigenin: 4.36mg, Apigenin: 4.36mg Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 11.86mg, Quercetin: 11.86mg, Quercetin: 11.86mg, Quercetin: 11.86mg

## Nutrients (% of daily need)

Calories: 493.74kcal (24.69%), Fat: 23.55g (36.22%), Saturated Fat: 5.07g (31.67%), Carbohydrates: 39.49g (13.16%), Net Carbohydrates: 33.36g (12.13%), Sugar: 10.05g (11.17%), Cholesterol: 94.14mg (31.38%), Sodium: 580.8mg (25.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.52g (69.04%), Vitamin C: 128.56mg (155.83%), Vitamin A: 3286.31IU (65.73%), Vitamin B12: 3.81µg (63.58%), Vitamin B3: 12.17mg (60.87%), Selenium: 35.68µg (50.98%), Vitamin K: 52.07µg (49.59%), Zinc: 6.73mg (44.85%), Vitamin B6: 0.86mg (43.07%), Phosphorus: 384.25mg (38.43%), Vitamin B2: 0.62mg (36.62%), Potassium: 1251.88mg (35.77%), Iron: 6.18mg (34.32%), Vitamin E: 4.69mg (31.27%), Fiber: 6.13g (24.52%), Vitamin B1: 0.37mg (24.47%), Manganese: 0.49mg (24.39%), Folate: 95.01µg (23.75%), Copper: 0.45mg (22.66%), Magnesium: 84.6mg (21.15%), Vitamin B5: 1.53mg (15.32%), Calcium: 101.13mg (10.11%)