



Spicy Lamb Stew with Butternut Squash



Gluten Free



Dairy Free



Very Healthy

READY IN



125 min.

SERVINGS



6

CALORIES



322 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 pound lamb shoulder lean trimmed of fat cut into 1-inch cubes
- ☐ 3 Tbsp olive oil extra virgin
- ☐ 1 medium onion chopped
- ☐ 1 Tbsp tomato paste
- ☐ 1 Tbsp hungarian paprika sweet
- ☐ 0.1 teaspoon pepper flakes red
- ☐ 4 pounds butternut squash peeled seeded cut into 1-inch cubes

- ☐ 1.5 cups garbanzo beans rinsed drained canned (chickpeas)
- ☐ 1 large tomatoes peeled seeded chopped
- ☐ 1 medium garlic clove minced
- ☐ 6 servings salt
- ☐ 0.3 cup juice of lemon fresh
- ☐ 2 teaspoons hungarian paprika sweet
- ☐ 0.5 teaspoon cayenne
- ☐ 2 teaspoons mint leaves dried

Equipment

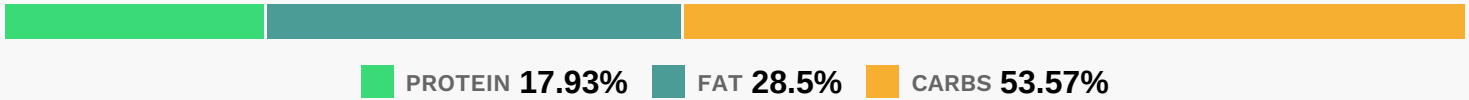
- ☐ sauce pan
- ☐ sieve
- ☐ dutch oven

Directions

- ☐ Cook the lamb:
- ☐ Sprinkle 1/2 teaspoon of black pepper on the cubed lamb. In a large Dutch oven, heat 2 Tbsp of the olive oil.
- ☐ Add the lamb and cook over moderate heat, stirring, until all the juices evaporate, about 7 minutes.
- ☐ Add the onion and cook, stirring frequently, until lightly browned, about 10 minutes.
- ☐ Add the tomato paste, 1 Tbsp of paprika and 1/8 teaspoon of red pepper flakes. Cook, stirring until the mixture begins to caramelize.
- ☐ Add water, simmer until meat is tender:
- ☐ Add 1 1/2 cups of water and bring to a boil. Cover, reduce the heat to a low simmer, and simmer until the meat is tender, about 45 minutes.
- ☐ the squash, garbanzo beans, tomato, garlic, 1/2 teaspoon of salt, and enough water to just cover the ingredients. Cover and cook until the squash is tender, about 30 minutes.
- ☐ in the lemon juice and remove from the heat. Season with salt.
- ☐ Transfer the stew to a shallow serving dish.

- ☐
- Make seasoned oil: Rub the 2 teaspoons of paprika, 1/2 teaspoon of cayenne, 1/2 teaspoon black pepper, and dried mint through a fine sieve. In a small saucepan, heat the remaining 1 Tbsp olive oil on medium heat, until a speck of spice dropped into the oil sizzles.
- ☐
- Add the sieved spices and stir for just an instant.
- ☐
- Swirl the seasoned oil into the stew, stir once and serve hot.

Nutrition Facts



Properties

Glycemic Index:45.72, Glycemic Load:2.5, Inflammation Score:-10, Nutrition Score:31.443043460017%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg 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: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.94mg, Quercetin: 3.94mg, Quercetin: 3.94mg, Quercetin: 3.94mg

Nutrients (% of daily need)

Calories: 321.58kcal (16.08%), Fat: 10.98g (16.9%), Saturated Fat: 2.07g (12.96%), Carbohydrates: 46.44g (15.48%), Net Carbohydrates: 36.97g (13.44%), Sugar: 9.02g (10.03%), Cholesterol: 30.48mg (10.16%), Sodium: 378.96mg (16.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.55g (31.1%), Vitamin A: 33448.33IU (668.97%), Vitamin C: 73.87mg (89.55%), Manganese: 1.11mg (55.38%), Vitamin E: 6.37mg (42.44%), Vitamin B6: 0.84mg (42.15%), Potassium: 1449.83mg (41.42%), Fiber: 9.47g (37.88%), Vitamin B3: 7.05mg (35.26%), Magnesium: 137.69mg (34.42%), Folate: 115.73µg (28.93%), Vitamin B1: 0.4mg (26.98%), Phosphorus: 244.66mg (24.47%), Iron: 4.28mg (23.76%), Vitamin B12: 1.27µg (21.19%), Copper: 0.39mg (19.63%), Selenium: 13.6µg (19.44%), Zinc: 2.92mg (19.43%), Calcium: 182.93mg (18.29%), Vitamin B5: 1.8mg (17.96%), Vitamin B2: 0.22mg (12.95%), Vitamin K: 12.25µg (11.66%)