

Moroccan Lamb Stew

Yield: 8 min
Total Time: 240 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-recipe-of-couscous>

Ingredients:

- 1 teaspoon paprika
- 2 teaspoons ground turmeric
- 2 teaspoons ground cumin
- 2 teaspoons ground coriander
- 2 teaspoons ground cinnamon
- 1/2 teaspoon ground cardamom
- 1 teaspoon cayenne pepper or 2 teaspoons if you'd like it spicy
- 2 teaspoons salt
- 4 1/2 pounds leg of lamb boneless, trimmed and cut into 1 inch cubes, or about 3 pounds lamb stew meat
- 1 coconut oil or oil of choice
- 1 onion large, chopped
- 2 tablespoons garlic minced or grated
- 2 tablespoons fresh ginger peeled and minced or grated
- 6 ounces tomato paste
- 14 1/2 ounces low sodium beef broth cans
- 1/2 cup dried apricots chopped
- 1/4 cup raisins
- 2 lemons zested
- pistachios chopped
- Italian flat leaf parsley fresh, chopped
- greek yogurt
- 10 ounces couscous package of plain, prepared per package instructions

Nutrition:

1. Calories: 600 calories
2. Carbohydrate: 47 grams
3. Cholesterol: 165 milligrams
4. Fat: 19 grams

5. Fiber: 6 grams
 6. Protein: 63 grams
 7. SaturatedFat: 8 grams
 8. Sodium: 1060 milligrams
 9. Sugar: 9 grams
-

Thank you for visiting our website. Hope you enjoy Moroccan Lamb Stew above. You can see more 16 indian recipe of couscous Delight in these amazing recipes! to get more great cooking ideas.