

# Basque Lamb Stew

Yield: 6 min  
Total Time: 205 min

Recipe from: <https://www.recipeschoose.com/recipes/persian-lamb-stew-recipe>

## Ingredients:

- 3 1/2 pounds lamb shoulder cut into 2-inch pieces
- 3 cloves garlic peeled & crushed
- 1 sprig fresh rosemary
- 3/4 cup dry white wine
- 2 tablespoons extra virgin olive oil
- 1 Vidalia onion large sweet, peeled & chopped
- 3 cloves garlic minced
- ground pepper
- salt
- 2 teaspoons sweet paprika
- 3 red bell peppers canned roasted, cut into 1/2-inch strips
- 1 tomato large ripe, peeled, seeded & chopped
- 1/4 cup fresh parsley chopped
- 1 bay leaf
- 1/2 cup red wine good
- 1/2 cup chicken broth

## Nutrition:

1. Calories: 510 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 175 milligrams
4. Fat: 23 grams
5. Fiber: 3 grams
6. Protein: 55 grams
7. SaturatedFat: 6 grams
8. Sodium: 330 milligrams
9. Sugar: 4 grams

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