

Ghormeh Sabzi – Persian Green Stew

Yield: 4 min
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/persian-ghormeh-sabzi-recipe>

Ingredients:

- 2 pounds boneless lamb stewing meat
- 1 onion large, shredded
- 1 teaspoon saffron
- 1 1/2 cups water
- 1/2 cup fresh lime juice
- 3/4 cup kidney bean
- 1 garlic clove minced
- 1 potato large, shredded
- black pepper
- 1 cup green onion finely chopped
- 1 1/2 cups spinach finely chopped
- 1/2 cup parsley finely chopped
- 1/4 cup cilantro finely chopped
- 1/4 cup garlic chives finely chopped

Nutrition:

1. Calories: 90 calories
2. Carbohydrate: 20 grams
3. Fat: 0.5 grams
4. Fiber: 3 grams
5. Protein: 5 grams
6. Sodium: 30 milligrams
7. Sugar: 3 grams

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