

Lebanese Lamb Rice

Yield: 4 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/lebanese-lamb-rice-recipe>

Ingredients:

- 1 tablespoon ghee store-bought or homemade
- 1 pound ground lamb
- 1/2 teaspoon Himalayan salt
- 1/2 teaspoon freshly ground black pepper
- 1 cup basmati rice 180g | 6oz dry
- 2 cups bone broth 480ml | 16oz
- 1/4 cup shelled pistachios 30g | 1oz raw
- 1 tablespoon fresh mint leaves finely chopped
- 1 cup plain greek yogurt 240g | 8oz
- cucumber Fresh, slices

Nutrition:

1. Calories: 680 calories
2. Carbohydrate: 49 grams
3. Cholesterol: 105 milligrams
4. Fat: 39 grams
5. Fiber: 2 grams
6. Protein: 30 grams
7. SaturatedFat: 15 grams
8. Sodium: 110 milligrams
9. Sugar: 5 grams

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