

Curried Lamb & Potato Stew

Yield: 4 min
Total Time: 105 min

Recipe from: <https://www.recipeschoose.com/recipes/mini-sweet-peppers-indian-recipe>

Ingredients:

- 2 1/2 pounds lamb stew meat cut into 1 inch cubes
- 3 small onions chopped
- 3 large carrots sliced into 1/2" coins
- 5 russet potatoes medium, cut into 1" cubes
- 6 mini sweet peppers chopped
- 2 teaspoons minced ginger
- 2 teaspoons minced garlic
- 1 cinnamon stick
- 3 bay leaves
- 1 tablespoon Garam Masala
- 2 teaspoons curry powder
- 1/2 teaspoon turmeric
- 1 teaspoon paprika
- 1 teaspoon coriander powder
- 1 teaspoon cumin powder
- 1 can coconut milk
- 1 can coconut cream
- 16 ounces diced tomatoes
- 3 tablespoons chopped cilantro for garnish, optional
- 1/2 cup ghee
- salt Himalayan, to season

Nutrition:

1. Calories: 1090 calories
2. Carbohydrate: 76 grams
3. Cholesterol: 185 milligrams
4. Fat: 59 grams
5. Fiber: 12 grams
6. Protein: 68 grams

7. SaturatedFat: 27 grams
 8. Sodium: 460 milligrams
 9. Sugar: 16 grams
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