

Slow Cooker Persian Lamb and Eggplant Stew

Yield: 4 min
Total Time: 40 min

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

Ingredients:

- 1 pound lamb lean boneless cubed
- 1 pound eggplant peeled diced
- 2 cups diced onion
- 1 tablespoon olive oil
- salt
- black pepper
- 1 teaspoon cinnamon
- 1 teaspoon turmeric
- 5 garlic cloves minced
- 28 ounces diced tomatoes canned, with juice

Nutrition:

1. Calories: 460 calories
2. Carbohydrate: 26 grams
3. Cholesterol: 85 milligrams
4. Fat: 30 grams
5. Fiber: 8 grams
6. Protein: 24 grams
7. SaturatedFat: 12 grams
8. Sodium: 280 milligrams
9. Sugar: 12 grams

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