

# Lamb stew from South Africa

Yield: 4 min  
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/simple-peas-recipe-south-africa>

## Ingredients:

- 7/8 pound lamb shoulder diced into cubes
- butter
- 7/8 pound tomatoes can of
- 2 red chilies diced fine
- 2 medium potatoes cut into small cubes
- 6 3/4 tablespoons beef stock
- 5 whole black peppercorns
- 1 cinnamon stick cut in half
- 7 whole cloves
- 5 cardamom pods very slightly crushed
- 1 teaspoon brown sugar
- salt
- pepper
- 11/16 cup peas
- ginger piece finger sized, grated
- 3 garlic cloves finely chopped
- salt
- pepper

## Nutrition:

1. Calories: 370 calories
2. Carbohydrate: 38 grams
3. Cholesterol: 80 milligrams
4. Fat: 14 grams
5. Fiber: 9 grams
6. Protein: 27 grams
7. SaturatedFat: 6 grams
8. Sodium: 570 milligrams
9. Sugar: 7 grams

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