

South African lamb bredie (lamb stew)

Yield: 4 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/australian-lamb-rib-soup-indian-recipe>

Ingredients:

- 2 1/4 pounds lamb ribs cut into riblets
- 1 large onion chopped into 1cm dice
- 2 stalks celery chopped into 1cm lengths
- 1 large potato grated, approximately 1 cup
- 1/4 small cabbage shredded 1½ cups
- 3 medium potatoes peeled and coarsely chopped, approximately 2 cups
- 2 medium carrots peeled and chopped into 1cm lengths, approximately 1 cup
- 1 cup green beans chopped into 2" lengths
- 3 medium tomatoes grated
- 1 cup lamb stock made with a stock cube
- 2 tablespoons Worcestershire sauce
- 1 tablespoon tomato puree
- 1 teaspoon salt
- 2 tablespoons sunflower oil

Nutrition:

1. Calories: 340 calories
2. Carbohydrate: 59 grams
3. Fat: 7 grams
4. Fiber: 10 grams
5. Protein: 9 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 840 milligrams
8. Sugar: 10 grams

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