

Rosemary “Curried” Lamb Rib Stew (AIP/Paleo/Sugar-Free)

Yield: 4 min
Total Time: 50 min

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

Ingredients:

- 2 pounds lamb ribs
- 1 teaspoon Himalayan pink salt
- 1 teaspoon turmeric
- 1 cup carrots chopped
- 1 cup chopped celery
- 8 cups cabbage roughly chopped
- 3 rosemary sprigs fresh
- 2 cups butternut squash cooked
- 1 cup bone broth
- 2 garlic cloves
- 1 inch fresh ginger
- 1 lime
- 1/2 teaspoon Himalayan pink salt
- 1 teaspoon turmeric
- 5 mint leaves

Nutrition:

1. Calories: 110 calories
2. Carbohydrate: 24 grams
3. Fiber: 7 grams
4. Protein: 4 grams
5. Sodium: 190 milligrams
6. Sugar: 5 grams

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