

MOROCCAN LAMB AND LENTIL STEW

INGREDIENTS:

- 3 tablespoons olive oil
- 2 onions, finely sliced
- 2 garlic cloves, crushed
- 2 teaspoons ground cumin
- 2 teaspoons ground cinnamon
- Pinch of cinnamon
- 1/2 teaspoon chili flakes
- 1 1/2 cups green lentils, dried
- 6 cups chicken stock
- 1/2 small red cabbage, shredded
- 1 pound lamb leg steaks, diced
- 1/4 cup dried apricot
- 1/2 cup fresh cilantro, finely chopped
- 1 lemon
- Cooked couscous (optional)

DIRECTIONS:

1. Heat 2 tablespoons of oil over low heat in a large lidded pan or casserole dish. Add onions and cook for 10 minutes, until softened. Add garlic, cook for 1 minute, then add spices and cook for 1 more minute.
2. Add lentils and stock and bring to simmer on medium-low heat. Add cabbage and cook covered for 25 – 30 minutes, until lentils are tender.
3. Meanwhile, heat remaining oil in a separate pan. Add lamb and brown on high heat. Stir in lentils with apricots for the final 10 minutes of cooking time.
4. Stir in the cilantro and lemon juice. Season to taste. Serve with couscous, if desired.

Nutrition Facts	
Serving Size 1 1/2 cup (411g)	
Servings Per Container 7	
Amount Per Serving	
Calories 370	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 190mg	8%
Total Carbohydrate 43g	14%
Dietary Fiber 10g	40%
Sugars 9g	
Protein 27g	
Vitamin A 10%	Vitamin C 30%
Calcium 6%	Iron 25%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

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Source: realfood.tesco.com

