

Lamb and Lentil Stew

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A hearty and healthy stew brimming with Mediterranean flavors that will make your next dinner memorable! Tender lamb, hearty lentils and delicate vegetables are simmered with Greek spices and topped with refreshing cheese for a one-of-a-kind recipe that goes well with French bread and a glass of white wine!

Ingredients:

1 Tbsp olive oil
1 ½ lb lamb, cubed
1 tsp salt
½ tsp ground black pepper
1 onion, chopped
4 cloves garlic, minced
1 c. lentils, rinsed
2 c. chicken broth
2 large tomatoes, diced and seeded
3 carrots, peeled and sliced
½ tsp dried thyme
½ tsp dried sage
½ tsp dried basil
2 c. fresh spinach, chopped
1 lemon, juiced and zested
½ c. ricotta, crumbled

Directions:

1. Heat oil in large pot over medium high heat. Add the lamb cubes and brown, approximately 3 minutes. Sprinkle with salt and pepper, and stir in onion and garlic until aromatic.
2. Stir in lentils, chicken broth, tomatoes, carrots and thyme, sage, and basil. Bring to a boil, reduce heat to low and simmer, covered, until lentils are tender but not quite done, stirring occasionally.
3. Add spinach and cook 5 minutes. Stir in lemon zest and juice and garnish with crumbled cheese.

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