



**Columbia Grain™**

CULTIVATING GROWTH™

# RECIPE

## Moroccan Lamb Lentil Stew

Travel the world from the comfort of your own kitchen with this savory stew featuring nutrient-dense lentils and chickpeas.

### INGREDIENTS

- 1 lb lamb shoulder, cut into ½ inch chunks
- 1 tbsp extra virgin olive oil
- Salt and pepper, to taste
- 1 chopped yellow onion
- 2 cloves minced garlic
- 2 tbsp tomato paste
- 1 bay leaf
- 1 ½ tsp paprika
- 1 tsp cumin
- ¼ tsp ground cloves
- 3 cups beef broth
- 1 14 oz can diced tomatoes
- ½ cup loosely packed and chopped fresh cilantro
- ½ cup lentils, brown, dried; rinsed
- 1 14 oz can chickpeas, drained and rinsed

### INSTRUCTIONS

1. Place large Dutch oven or sauce pot over medium heat.
2. Once hot, add olive oil and lamb. Season to taste with salt and pepper. Cook until browned on all sides, transfer to a plate and set aside.
3. Add the onion and garlic to the pot. Cook until softened, about 3 minutes.
4. Add the lamb back to the pot along with the tomato paste, bay leaf, paprika, cumin and cloves. Stir to combine and cook for 1 minute.
5. Add the beef broth, diced tomatoes and cilantro to the pot. Bring to a simmer, stir then reduce heat to low, cover and cook for 45 minutes.
6. Add lentil and chickpeas to the pot, stir to combine, cover again and cook another 20 minutes.
7. Remove lid from the pot, cook an additional 20-25 minutes until stew is reduced and thickened.
8. Season to taste with salt and pepper. Serve with more chopped cilantro, a dollop of yogurt and pita bread.

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