



## Lamb & Celery Stew

### Ingredients

### Amount

|   |                              |
|---|------------------------------|
| Organic grass-fed lamb stew meat            | 8 oz                         |
| Red onions                                  | ½ C Chopped                  |
| Fresh garlic                                | 5 cloves                     |
| Olive oil                                   | 1 TBS                        |
| Celery                                      | 4 long stalks (11"-12" long) |
| Baby Bella mushrooms                        | 4 oz                         |
| Organic peeled crushed tomatoes/ low sodium | ¼ C                          |
| Ground Turmeric                             | 2 tsp                        |
| Ground Cumin                                | 1 tsp                        |
| Ground or crushed Coriander seeds           | 2 tsp                        |
| Ground Paprika                              | 1 tsp                        |
| Ground Chili pepper                         | 1 tsp                        |
| Water                                       | As needed                    |

### Preparation:

- Peel and chop onion and garlic and set aside.
- Slice mushrooms and celery in separate bowls and set aside.
- Cut Roma tomatoes into cubes and set aside in a separate bowl.
- In a large pot, heat the oil and sautee onion and garlic until golden brown
- Add lamb meat, mix and cover on medium.
- Add spices and herbs and ¼ c water and mix, cover and simmer.
- Once the lamb is partially cooked, add sliced mushrooms mix and cover for 3-5 minutes.
- Add celery, mix well and simmer for 2 minutes.
- Add tomatoes and ½ C water, mix well and cover. Cook on medium for 15 minutes.
- Mix periodically and add more water as needed to avoid burning.
- Simmer on medium to low heat for 1 hour adding water as needed.
- Simmer on low heat for additional 30-45 minutes until the lamb is completely cooked.
- Serve over Quinoa or Miracle noodles. (NOTE: Nutrition information does NOT include Quinoa or noodles)

# Nutrition Facts

Servings 4.0

Amount Per Serving

**calories** 133

**% Daily Value \***

**Total Fat** 7 g **10 %**

Saturated Fat 1 g **7 %**

Monounsaturated Fat 3g

Polyunsaturated Fat 0 g

Trans Fat 0 g

**Cholesterol** 0 mg **0 %**

**Sodium** 79 mg **3 %**

**Potassium** 352mg **10 %**

**Total**

**Carbohydrate** 5 g **2 %**

**Dietary**

**Fiber** 2 g **8 %**

**Sugars** 2 g

**Protein** 14 g **27 %**

Vitamin A **7 %**

Vitamin C **12 %**

Calcium **4 %**

Iron **8 %**