

LAMB STEW

WITH LEMONS & OLIVES



Ingredients

- 2 TBLS extra-virgin olive oil
- 2 1/2 lbs lamb stew meat, trim excess fat
- 1/2 tsp fine sea salt
- 1/2 yellow onion, chopped
- handful of chopped greens; kale or bok choy
- 2 teaspoons Spanish smoked paprika
- 4 cups low-sodium chicken broth, divided
- 1 small jar of Kalamata olives, drained
- 32 ounce cans garbanzo beans (chickpeas), drained and rinsed
- 1 small lemon, thinly sliced and quartered, seeds removed
- 1/4 teaspoon ground black pepper



Directions

- Heat EVOO in large skillet over medium-high heat.
- Season lamb with salt & pepper and thoroughly brown in single-layer batches, transferring with a slotted spoon to a large soup pot as you go.
- After lamb is complete, add onion to skillet, stir often, until softened.
- Stir in Smoked Paprika, coat onions, and cook 2-3 minutes more.
- Deglaze skillet with 1 Cup broth, then transfer contents to the soup pot.
- Add remaining broth + 1/2 Cup water, olives, garbanzos, greens, lemon, salt + pepper.
- Bring to a boil, reduce heat and simmer until lamb is tender, at least one hour.
- Uncover and continue to simmer until thickened, another 30 minutes or so.
- Optional: serve over rice or prepared couscous. Caution; this soaks up the juice.

*Adapted from a Whole Foods Market recipe