



SIMPLEST SPICED LAMB STEW

Basically from <http://thekitchn.com/recipe-simplest-cinnamon-lamb-stew-recipes-from-the-kitchn-81492>

INGREDIENTS

- 2 pounds Boneless lamb stew meat
- 1 ½ tsp Salt
- 1 tsp Ground black pepper
- 1 tsp Ground cinnamon
- ¼ tsp Ground nutmeg
- 2 Tbsp Olive oil
- 1 medium Onion, sliced thin
- 2 medium Carrots, diced
- 2 stalks Celery, diced
- 6 cloves Garlic, minced
- 1 28-oz can Diced tomatoes
- 1 cup Red wine
- 1 Bay leaf
- A few sprigs Parsley, chopped

DIRECTIONS

1. Place the lamb in a glass bowl or baking dish and toss with the salt, pepper, cinnamon, and nutmeg. Cover and place in the refrigerator for up to 24 hours if you have time, or continue making the recipe as below.
2. In a heavy saucepan or Dutch oven, heat the oil over medium heat and brown the pieces of lamb on all sides. You may have to work in batches, depending on the size of your pan – keep the meat in a single layer.
3. When all the meat is browned, add the onion, carrots, celery, and garlic. Cook for about five minutes, stirring often, until the vegetables start to soften.
4. Add the tomatoes, wine, and bay leaf, and stir.
5. When the mixture begins to bubble, reduce the heat and cover. Cook for 2 hours or until the meat falls apart when tested with a fork.
6. Serve the stew on its own or over couscous or rice. Garnish with chopped parsley.