

## Spicy Lamb Stew

Here's a flavourful spiced lamb stew the whole family will enjoy. Serve this lamb stew with hot cooked rice, grits, or cous cous.

### **Ingredients:**

- 1 1/2 to 2 pounds boneless lamb shoulder or stewing lamb
- salt and pepper
- 1/4 cup all-purpose flour
- 1 medium onion, coarsely chopped
- 2 cloves garlic, minced
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground ginger
- 1/2 teaspoon salt
- 1/4 teaspoon ground cinnamon
- dash coarsely ground black pepper
- 1 medium carrot, diced
- 1 can (14.5 ounces) diced tomatoes with juice
- 1 cup chicken broth
- juice of 1/2 lemon

### **Preparation:**

Trim fat from lamb; cut into bite-size pieces. Sprinkle with salt and pepper then toss with the flour.

In a Dutch oven or large saucepan, heat 1 tablespoon olive oil. Add the floured lamb pieces and the chopped onion; cook until lamb is browned on all sides, stirring frequently. Add remaining ingredients and bring to a boil. Reduce heat, cover, and simmer for about 1 hour, until lamb is tender. Serve over hot cooked rice, grits or polenta, or cous cous, or serve with hot buttered noodles or potatoes.. Serves 4.