

# ReginaSpices

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**Mediterranean Lamb and Lentil Stew:** Omit the lamb and use vegetable stock for a fantastic vegetarian lentil stew.

## Ingredients:

1lb of Lamb meat cut in chunks for stewing	2 ½ - 3 TBL Mediterranean Seasoning (or your own mixture of herbs, garlic, etc.)
1 ½ lb Green Lentils, dried	1 Large Can whole peeled tomatoes, drained and the tomatoes simply pulled into pieces with your hands.
4 Carrots, coarsely chopped	Juice of ½ Lemon
2 Onions, coarsely chopped	
1 Fennel Bulb, coarsely chopped	
2-3 Garlic Cloves, smashed and peeled	

**Stock:** If you don't want to make the lamb stock use water, add the lamb shank to the pot with the rest of the meat.

1 Lamb Shank	Small Pinch Marjoram
Onion studded with cloves (3-4 cloves)	2-3 Bay Leaves
Celery	Tellicherry Peppercorns
Fennel Fronds	6 Cups water
Large Pinch Thyme	

Make the lamb stock: Sear lamb shank, add all other ingredients and simmer for a couple of hours. Definitely simmer it until the meat falls off the bone. Strain, set aside.

Wash and pick over the lentils, set aside

Using oil with a high burn point, lightly oil a heavy Dutch Oven. Heat it until it's nearly smoking and sear the lamb (1-2 min. a side).

Add chopped veggies, garlic and Mediterranean Seasonings. Mix well and let it cook for a minute or two until the spices become fragrant.

Add lentils and mix well.

Add stock. Add tomatoes. Bring to a simmer and let it simmer gently until the lentils are cooked. (You may need to add some water).

Add lemon juice. Add salt and pepper, if it needs it.