

Recipe – Lamb and Chickpea Curry

Ingredients:

- Olive or coconut oil, enough to coat bottom of a large pot
- 1 TBS chili powder
- 1 TBS cumin
- 1 TBS coriander
- 1 tsp cardamom
- 1.5 lbs butterfly leg of lamb, cut into chunks
- 1 large onion, chopped
- 6 cloves garlic, minced
- 1 can chickpeas
- 1 can tomato sauce
- 1 to 2 cups broth, enough to simmer until lamb is soft
- salt to taste

Directions:

Coat bottom of a large pot with oil

Add spices and cook in the oil for 30 seconds

Add the lamb, onion, garlic, chickpeas and tomato sauce

Add enough broth to simmer the lamb until tender, 1 to 2 hours; the amount of broth and length of cooking time will depend on the quality of the meat and could range from 1 to 2 hours, more broth will be required to cook the meat for the longer period of time

Salt to taste