

# Lamb Vindaloo with Veggie Stew

The smokey rich flavor of the grass fed, organic lamb meat, tenderized by the lime juice, enriched by the Vindaloo & Turmeric spices and freshly grated onion, marinated for 2 – 24 hours, makes the most lively, rich, complex simple meal when simmered with the chicken, lamb or goat broth, complemented by the tomatoes, potatoes and peas, it literally jumps off the plate when first served and tastes even better 2 days later.

Serves: 6-8 with side dishes

Prep time: 15-20 minutes depending on meat prep, fat, etc...

Marinade time: 2-24 hours

Cook time: Brown time 10-20 min, cooking time 2 hours

2 # Organic Grass Fed Lamb Stew, Kabob or ground Meat remove white fibrinous membrane, and large fat pieces, keep smaller fat pieces to add flavor, cut into small ¼ to ½ inch cubes

1 large Organic Yellow Onion, remove skin (save for chicken or other broth), halve lengthwise, and again lengthwise, then cross slice into 1/4 inch slices

1 Organic Lime, juiced

1 Tbsp Vindaloo powder, from SavorySpiceShop.com, 1 Tbsp is milder and 4 is Zippy and quite amazing, I prefer 2 Tbsp for medium heat and awesome flavor

1 Tbsp Turmeric powder

1 tsp Flower of the Ocean, Celtic Sea Salt

2 Tbsp Goat Butter or Organic Extra Virgin Olive Oil, Unfiltered, Cold Processed

4-5 Cups Organic Homemade Lamb, Goat, Beef, or Chicken Veggie Broth

28oz can, Muir Glen, Organic Fire Roasted Dice Tomatoes

3-4 Organic Red Potatoes, large size, cut into ½ inch cubes

2 medium carrots, halved lengthwise, cut obliquely into 1/2 inch slices

2 celery ribs, cut obliquely into 1/2 inch slices

1 1/2 cup of medium size cauliflowerettes, about 1/4 inch each

Frozen organic peas, green beans or okra, about 10 oz

Mix the lamb meat, sliced onion, lime juice, vindaloo, turmeric powder, and salt in a covered ceramic or glass dish, let marinade in the refrigerator for 2 to 24 hours.

Preheat oven to 360 degrees

In an 8 to 12 quart, Stainless steel covered pan, over medium heat, add oil when very warm but not smoking, add the marinated Lamb vindaloo, cover and brown for 10-20 minutes, stir every few minutes, when all is browned and the juices that have been flowing are drying up but not burning, add the broth and tomatoes, bring to a boil, reduce to simmer, and uncover over low heat for 20-30 minutes. Stir often and watch the broth level, add more if needed.

Place potatoes, carrot, celery & cauliflower in an open 9X12 inch pan. Bake at 360 degrees for 45 min., remove to cool.

Add baked veggies and frozen veggies. Bring to a boil and then let simmer 20-30 min, reduce to a thickened soup consistency. We are now ready to serve.

Serve with Saffron Rice, Cilantro/Mint Spicy Chutney, Raita, or just sheep or goat yogurt.

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