

# SULTAN'S LAMB

*A Rose Original...*

## INGREDIENTS

- ~ 6.5 pound Leg of Lamb (~3.75 pounds cut up – may use less meat)
- Olive Oil
- 1 large Onion
- 2 14.5 oz. cans of Swanson's Chicken Broth (low Sodium)
- 1 6 oz. can of Tomato Paste
- 3 tsp. crushed Garlic
- 4 Tbs. Dry Parsley
- 2 tsp. Paprika
- 2 tsp. Dry Basil
- 1 tsp. Turmeric
- 1 tsp. Cinnamon
- 2 Tbs. Whole Cumin (crushed or leave whole)
- 1 tsp. ground Coriander
- 1 tsp. ground Allspice
- 1 tsp. Vietnamese Chili & Garlic Paste (hot stuff!!) or 1 tsp. Chinese Curry Powder

## DIRECTIONS

Remove meat from the Leg of Lamb bone (cut off all fat, etc.) Cut into stew meat size pieces. Brown in roaster pan under broiler in ~ 2 Tbs. of Olive Oil.

Chop 1 large Onion and fry till soft in ~ 1 Tbs. Olive Oil in a large frying pan.

Add all of the other ingredients (from Chicken Broth to end of ingredient list) to frying pan. Bring to a boil.

Add to meat (which is still in roaster pan) and cover tightly with lid. Cook at 325° for 2 hours. Check for moisture level after 1 hr. and add water if necessary.

Serve with Couscous , Barley or Rice.

I now cook this in a crock pot. Put crock pot on high and cook for about 2 hours.

Turn to low for ~ 3 hr. till done.

