



## Moroccan Lamb Stew

**Serves 4**

### **Ingredients:**

**3 1/2 lbs lamb shoulder, cut into 1-inch pieces**

3/4 tsp salt

1/2 tsp pepper

1/2 tsp cinnamon

1/4 tsp allspice

2 tbsp olive oil

2 cups onions, chopped

3 cloves garlic, chopped

1 1/2 tbsp fresh ginger, minced

1 1/3 cups water

2 large blood oranges

1/4 cup fresh parsley, chopped

1 tbsp honey

### **Preparation:**

Mix salt, pepper, cinnamon, and allspice in a medium bowl. Add lamb and toss to coat. Heat oil in a large pot over medium heat. Add lamb to pot and sauté until brown on all sides. Add onion, garlic, and ginger to pot and sauté 5 minutes. Add water and bring to a boil. Reduce heat. Cover and simmer until lamb is tender. Add blood oranges and honey. Season with salt and pepper. Garnish with parsley.