



SLOW COOKED LAMB, TOMATO & CHICKPEA SOUP

INGREDIENTS

- 2 tbs olive oil
- 700g diced lamb (shoulder or leg is fine here)
- 1 stick celery, chopped
- 1 onion, chopped
- 1 carrot chopped
- 2 garlic cloves, chopped
- 2 tbs tomato paste
- 1 ½ tsp cumin
- 2 tsp sweet paprika
- 1 bay leaf
- 4 cups beef stock
- 2 x 400g crushed tomatoes
- 2 x 400g chickpeas, drained and rinsed
- ½ x bunch coriander leaves, finely chopped

METHOD



- Heat the oil in a large casserole pot or heavy bottomed saucepan over medium high heat. Add the lamb and then cook in batches for 4-5 minutes, until browned.
- Remove the lamb from the pot and set aside.
- Add onion, carrot, celery and garlic to the pan and cook for 4-5 minutes until softened.
- Return the lamb to the pan with tomato paste, spices and the bay leaf. Cook for 1 minute.
- Add the stock and tinned tomatoes and bring to a simmer, then cover and reduce the heat to low. Cook for 1 x hour and then add the chickpeas. Cover the soup and cook for 30 x minutes.
- Remove the lid, and cook for another 30 minutes, or until the lamb is tender and the soup is slightly reduced and thickened.
- Take off the heat, stir in the coriander and serve with natural yoghurt and pita bread.