



Lentil Vegetable Stew with Lamb Meatballs

Serves 12

Ingredients

- 1 large onion minced AND DIVIDED (I chopped them in the food processor since I had it out already). Save half for the soup and use half for the lamb meatballs.
- 1 pound ground lamb
- ½ cup finely chopped parsley (I grow parsley in the front yard)
- 1 cup soft breadcrumbs (I always make breadcrumbs with leftover bread and have it frozen)
- 1 tsp sea salt plus more to taste
- ¼ tsp fresh ground black pepper
- ½ tsp ground cinnamon
- 2 Tbsp extra virgin olive oil
- 10 cups chicken broth (as usual I make this with Better Than Bouillion if I don't have chicken stock)
- 1-pound brown lentils, picked over to remove stones and rinsed (or substitute up to half with yellow split peas)
- 10 oz angel hair pasta, broken into 2-inch segments
- 4 carrots, peeled and cut 1/3 inch
- 1 parsnip, peeled and cut the same size as the carrot
- Juice of ½ lemon plus wedges of lemon to serve the soup

Instructions

Preheat oven to 400 degrees and line a rimmed baking sheet with parchment paper. Place half the minced onion, the ground lamb, parsley, breadcrumbs, salt, pepper and cinnamon in a medium mixing bowl and blend with your hands. Form into balls the size of walnuts and space onto the baking pan.

Roast for 10 minutes and remove from the pan onto a paper towel-lined cookie sheet to drain.

Heat the soup pot and then heat the oil over medium heat. Add the onions and sauté until golden, then add the broth and bring to a boil. Add the rinsed lentils and simmer for 20 minutes or until the lentils are almost tender.

Break up angel hair pasta and add to the pot along with the diced peeled carrots and parsnip. Add the drained lamb meatballs. Simmer slowly for another 5-10 minutes or until lentils and noodles are cooked. Add more chicken stock or water as needed. I love thick

soups, so I leave mine that way but if you are wanting more of a soup, add more liquid. Just before serving, add lemon juice, taste to see if you need more salt or pepper and serve with lemon wedges.

I am sure ground beef would work here too but I love the surprise taste of lamb. Also, I think if you reduce the amount of lentils a tad, adding some fresh spinach at the end and just letting it wilt would be nice.