

# Minced Cinnamon Lamb

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Prep Time: 20 Minutes

Cook Time: 30 minutes

Yield: 2-4 people

## INGREDIENTS

- 1lb. Minced lamb
- 2 tbs. coconut oil
- 2 cups vertically sliced onions
- 1/2 cup quarter inch carrots (diagonally cut)
- 1/2 tsp. cumin powder
- 1 tsp. Ceylon Cinnamon powder
- 1/2 tsp. Coriander powder
- 1/2 tsp. chili powder
- 1 tsp. salt
- 2 cups chicken broth
- 1/2 cup raisins
- 2 tbs. tomato paste
- 1.5 tbs. lemon rind
- 16 oz. chickpeas (Garbanzo beans)
- 1/2 cup chopped fresh cilantro
- 1 tbs. lemon juice

## DIRECTIONS

1. Heat a large nonstick deep-dish pan over medium heat.
2. Add lamb to pan, cook 6 minutes, stirring to break into fine pieces Remove lamb from pan and discard drippings.
3. Add coconut oil to pan and let it heat for 4 minutes.
4. Add onion and carrot to pan; sauté 4 minutes.
5. Add cumin, Ceylon cinnamon, coriander, and chili powder and sauté 30 seconds, stirring constantly.
6. Add the cooked lamb, chicken broth and the rest of the ingredients and cook for 10 minutes
7. Remove from heat.
8. Stir in cilantro and serve over Mung bean pasta or couscous.