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|  | **Ingredients** | | **step** |
| **Indian Style Lamb with Sweet Potatoes** | * 1 lb ground or [minced lamb shoulder or leg](http://www.whfoods.com/genpage.php?tname=preptip&dbid=76) * 1 medium-sized [onion, quartered and sliced thin](http://www.whfoods.com/genpage.php?tname=preptip&dbid=25) * 2 TBS [minced fresh ginger](http://www.whfoods.com/genpage.php?tname=preptip&dbid=23) * 3 medium cloves [garlic, pressed](http://www.whfoods.com/genpage.php?tname=preptip&dbid=27) * 1 tsp [garam masala](http://www.whfoods.com/genpage.php?tname=newtip&dbid=48) * 5 cups finely [chopped kale](http://www.whfoods.com/genpage.php?tname=preptip&dbid=62) * 3 cups [sweet potatoes, peeled and cut in 1-inch cubes](http://www.whfoods.com/genpage.php?tname=preptip&dbid=31) (about 1 large potato) * 1 TBS + 1 cup chicken [broth](http://www.whfoods.com/genpage.php?tname=dailytip&dbid=151) * salt and white pepper to taste | 1. Prepare all the vegetables by chopping and have ready. 2. Heat 1 TBS broth in a large-size stainless steel braising pot or skillet. Healthy Saute onion, garlic, ginger, and lamb in broth over medium heat for about 5 minutes, stirring frequently. 3. Add garam masala\*, mixing well for about half a minute. Add 1 cup broth and stir in sweet potatoes and kale. Simmer on medium low heat covered for about 15 minutes, stirring occasionally, or until lamb, potatoes and kale are tender. Season with salt and pepper. | |