

Cinnamon Lamb Soup

Yield:	1 G or 3.79 L		
Servings/Size:	16 (8 fl oz/236.59 mL) servings		
Cuisine:	African		
Category:	Culinary Prepared Hot		
Channel:	B&I, FSR, Lodging, Education		
Classification:	Soup - Meat		
Prep Time:	30 min	Cook Time:	4.5 hours
Cost:	Cheap	Difficulty:	Easy



Description: A warm and meaty soup with international flavors.

Ingredients		Weight / Metric		Measure
	Water			1 G
	Lamb leg**	4-5 lbs		1 each**
	MINOR'S® Natural Gluten Free Beef Base	10 oz		
	Cinnamon Sticks			3 ea
	Whole Cloves			1 T
	Celery, sliced			1C
	Carrots, sliced			1C
	Onions, sliced			1C
	Garlic cloves (or MINOR'S Roasted Garlic Flavor Concentrate)			8 Each
	Olive Oil			2 fl oz
	Pepper, black			½ tsp
	Mint Leaves			16 ea
	Parsley, chopped			¼ C

Procedure

1.	In a 2-3 G stockpot, add the water, Minor's Beef Base, cinnamon sticks, cloves, and the Lamb bones, meat and lamb trim. Bring to a low simmer.
2.	In a separate pan, over medium heat brown the vegetables and garlic in the oil until tender, being careful not to scorch. Degrease and add vegetables and mint sprigs to lamb pot and continue to simmer for 3-4 hours.
3.	When lamb broth has simmered long enough to fully develop flavor, remove from heat.
4.	Garnish soup with chopped parsley, a mint leaf, and a cinnamon stick.

SERVING SUGGESTIONS:

Creator:		Project:		Date:	
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At a minimum, the cooking and handling instructions set forth in the Food Code of the U.S. Public Health Service of the Food and Drug Administration, Department of Health and Human Services, Should be reviewed and followed with respect to your preparation of this recipe.