Slow-Cooker Turkish Lamb & Vegetable Stew

http://www.eatingwell.com/recipes/slow_cooker_turkish_lamb_vegetable_stew.html


Layers of fresh Mediterranean vegetables, seasoned with an abundance of bay, garlic and oregano, meld with tender lamb into a luscious harvest-time supper. Serve the stew with rice or warm whole-wheat pita.

8 servings, about 1 cup each | Active Time: 20 minutes | Total Time: 4 hours

Ingredients

- 1 1/2 pounds lean boneless leg of lamb, trimmed and cut into 1 1/4-inch pieces
- 1 1/4 teaspoons salt, divided
- Freshly ground pepper, to taste
- 1 1/2 tablespoons extra-virgin olive oil, divided
- 2 large onions, thinly sliced
- 4 cloves garlic, minced
- 1/2 teaspoon dried oregano
- 1 14-ounce can diced tomatoes
- 1 large all-purpose potato, preferably Yukon Gold, peeled and cut into 3/8-inch-thick slices
- 1/2 pound green beans, trimmed
- 1 small eggplant, cut into 3/8-inch-thick slices
- 1 medium zucchini, cut into 3/8-inch-thick slices
- 6 bay leaves
- 3 tablespoons chopped fresh parsley

Preparation

1. Season lamb with 1/4 teaspoon salt and pepper to taste. Heat 1/2 tablespoon oil in a large heavy skillet over medium-high heat. Add half the lamb and sear, turning, until well browned, 2 to 4 minutes. Transfer to a 4-quart slow cooker. Add another 1/2 tablespoon oil to skillet and brown remaining lamb. Add to slow cooker.

2. Add remaining 1 1/2 tablespoons oil to skillet and reduce heat to medium. Add onions and cook, stirring, until softened, 3 to 5 minutes. Add garlic and oregano; cook, stirring, for 1 minute more. Add tomatoes and bring to a simmer, mashing with a potato masher or fork. Remove from heat and spoon half the mixture over the lamb.

3. Arrange potatoes in a layer in the pot; season with 1/4 teaspoon salt and pepper to taste. Add green beans, followed by eggplant and zucchini, seasoning each layer with 1/4 teaspoon salt and pepper to taste. Spread remaining tomato-onion mixture over vegetables. Top with bay leaves.

4. Cover and cook on high until lamb and vegetables are very tender, about 4 hours. Discard bay leaves. Serve hot, garnished with parsley.

Nutrition

Per serving: 179 Calories; 7 g Fat; 2 g Sat; 4 g Mono; 53 mg Cholesterol; 15 g Carbohydrates; 17 g Protein; 5 g Fiber; 466 mg Sodium; 554 mg Potassium

1 Carbohydrate Serving

Exchanges: 2 vegetable, 2 1/2 lean meat

Tips & Notes

- Make Ahead Tip: Cover and refrigerate for up to 2 days. Reheat on the stovetop, in a microwave or in the oven.

- Lamb cut from the leg is 19 percent leaner than shoulder meat.