

Lamb and Lentil Casserole

with Mediterranean Mint Tea

2 lbs Lamb stew meat (cubed)
1 C Lentils (cooked)
1 C Chickpeas (canned, drained, and rinsed)
1 C Onion (chopped)
1 C Carrots (chopped)
1 C Tomatoes (diced)
1/2 C Tomato paste

2 C Chicken broth
1 † Cumin
1 † Coriander
1 † Paprika
Salt and pepper to taste
1/2 C Mediterranean Mint Tea (brewed and cooled)

PREHEAT your oven to 350°F and grease a 9x13-inch baking dish.

BROWN the lamb in a large skillet over medium heat, then transfer to the baking dish.

ADD onion and carrots, cooking until tender.

STIR IN lentils, chickpeas, tomatoes, tomato paste, chicken broth, cumin, coriander, paprika, salt, pepper, and brewed Mediterranean Mint Tea. Simmer for 10 minutes.

TRANSFER the mixture to the prepared baking dish.

BAKE for 30-35 minutes or until bubbly and golden brown.