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Lamb, Fig, and Olive Stew

Prep Time: 15 mins

Cook Time: 15 mins

Total Time: 30 mins

Ingredients

- ❖ 8 ounce(s) lamb, ground, lean
- ❖ 1 teaspoon oil, olive, extra virgin
- ❖ 2 tablespoon garlic, minced
- ❖ 1 teaspoon garlic, minced
- ❖ 1 teaspoon herbes de Provence
- ❖ 1/4 cup(s) wine, dry red
- ❖ 14 ounce(s) broth, reduced-sodium beef
- ❖ 2 teaspoon cornstarch
- ❖ 2 medium tomato(es), plum, diced
- ❖ 1/4 cup(s) figs, dried, chopped
- ❖ 2 tablespoon olives, green, pitted, chopped
- ❖ 1/8 teaspoon pepper, black ground
- ❖ 2 tablespoon parsley, fresh, chopped
- ❖ 1 teaspoon lemon zest



Preparation

1. Heat a large saucepan over medium heat. Add lamb and cook, breaking up with a wooden spoon, until browned, 4 to 6 minutes. Transfer the lamb to a sieve set over a bowl to drain; discard the fat.
2. Wipe out the pan; add oil and heat over medium-high. Add 2 tablespoons garlic and herbes de Provence and cook, stirring constantly, until fragrant, about 30 seconds. Add wine and cook, scraping up any browned bits, until slightly reduced, about 1 minute.
3. Stir together broth and cornstarch in a small bowl. Add to the pan, increase heat to high, and bring to a simmer, stirring constantly.
4. Add tomatoes, figs, olives and pepper and return to a simmer, stirring often. Reduce heat to maintain a simmer and cook, stirring occasionally, until the tomatoes have broken down, about 5 minutes. Add the reserved lamb and cook, stirring occasionally, until heated through, about 2 minutes.
5. Combine the remaining 1 teaspoon garlic, parsley and lemon zest in a small bowl. Serve the stew topped with the parsley mixture.