

# Moroccan Lamb with Prunes

## PREP TIME:

15 minutes

## COOKING TIME:

LOW: 7 - 8 hours  
or

HIGH: 3 - 4 hours

## SERVES:

4 - 6

pair with a herbal,  
fruity green tea with  
mint or hibiscus

## INGREDIENTS:

2 lbs boneless lamb, cubed

2 tbsp flour

1/2 tsp salt

2 tbsp olive oil

1 1/2 cups / 1 medium onion, diced

2 tsp / 4 cloves garlic, minced

1 Moroccan Tagine blend

1/2 cup / 6 oz prunes

2 1/2 cups low sodium chicken broth

## PREPARE:

toss the lamb in flour and salt to coat  
heat oil in a skillet on medium; brown the  
lamb

add the onion and garlic to the skillet with the  
lamb; cook for 2 minutes further

transfer the lamb mixture to the slow cooker  
with the remaining flour

tuck the spice bag into the lamb mixture and  
leave to steep

add the prunes and chicken broth

cover and cook on LOW: 7-8 hours or HIGH:  
3-4 hours

discard the spice bag after cooking

spoon over a bowl of steamed cous cous,  
top with pomegranate seeds and fresh  
cilantro

