

Lamb and Onion Stew - Afghan

Ingredients

- 3 large onion chopped
- 2 tablespoons olive oil
- 2 pounds lamb cubed
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon red pepper flakes
- 1 tablespoon coriander
- 1 can tomatoes chopped
- 1 tablespoon mint
- 1 cup yogurt
- cilantro chopped

Directions

Saute onions in oil for 7 minutes. Add lamb and saute until browned. Add salt, pepper, red pepper flakes and coriander. Mix well. Add tomatoes and bring to a simmer for 1 hour. Add mint. Remove from heat. Stir yogurt and cilantro together. Serve soup, dolloped with yogurt mixture.