

Shorba (Lamb and Peanut Soup)

Makes: 8 Servings

Ingredients

- lamb bones (or lean beef ribs)
- 2 quarts** water
- 2 teaspoons** salt (optional)
- 1 1/2 cups** onions, slightly chopped
- 1/2 pound** carrots, peeled and cut into chunks
- 1** cabbage, cut into small wedges
- 3 cups** string beans, trimmed
- 3 cloves** garlic, chopped finely
- 4 tablespoons** peanut butter
- 1** lemon, juiced (approximately 3 Tablespoons)
- cooked rice (optional)

Directions

1. In a 6-quart saucepan, simmer lamb bones in 2 quarts of water and 2 teaspoons of salt (optional) for one hour.
2. Add onions, carrots, cabbage, string beans, and garlic.
3. Simmer for one hour until vegetables are thoroughly cooked.
4. Remove lamb bones and puree the mixture.
5. Add 4 Tablespoons peanut butter thinned with lemon juice.

Nutrition Information

Nutrients	Amount
Calories	N/A
Total Fat	N/A
Saturated Fat	N/A
Cholesterol	0 mg
Sodium	N/A
Total Carbohydrate	27 g
Dietary Fiber	7 g
Total Sugars	6 g
Added Sugars included	N/A
Protein	10 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available

6. Add cooked rice (optional).
7. Add salt and pepper to taste.

Notes

Shorba is a Sudanese dish based around lamb. In Sudan, lamb bones commonly are used to flavor the soup-like dish.

Source: North Dakota Food and Culture: A Taste of World Cuisine. North Dakota State University Extension Service. Recipe on p. 26.