

Leek, Chicken and Green Pea Stew

Ingredients

- 1/4 cup olive oil
- 3 lbs lamb shoulder or neck or 4-5 lbs chicken pieces
- 4 leeks, cleaned, trimmed and chopped
- 1 onion, finely chopped
- 1/4 cup tomato paste dissolved in 1/2 cup water
- 1 tsp salt
- 1/2 tsp ground black pepper
- 1/8 tsp red pepper flakes
- 3 cinnamon sticks
- 2 lbs potatoes, peeled and quartered
- 16 oz green peas, fresh or frozen

Directions

Heat oil in a large sauce or sauté pan over medium heat. Add the meat and brown on all sides. Remove and set aside.

Add the chopped leeks and onions and sauté until translucent, about 5 minutes. Add the tomato paste, salt, ground pepper and red pepper flakes. Stir and sauté for 3 minutes. Return meat to the pot, placing on top of the onion, and top with the cinnamon sticks. Add 2-3 cups of water and bring to a boil. Cover, reduce heat to low and simmer for 45 minutes without stirring. Add the potatoes and

continue cooking for 30 minutes. Add the peas and cook for another 15 minutes.
Serve.