ETHIOPIAN · LUNCH · DINNER

Yebeg Kikil (Ethiopian Lamb Soup with Turmeric)

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105 min · Serves 4 · 547 kcal a serve · Video 8:06 in Amharic · Melegna | ሙለኛ

No nuts listed

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28 g protein and 13 g net carbs a serve: lamb on the bone simmered into a turmeric and onion broth, with no flour or starch. Rich in vitamin B12 and zinc.

Diet notes: Paleo with a swap: ghee instead of the fresh butter, olive, avocado or coconut oil instead of the vegetable oil; Gluten-free with a swap: Check that the stock cube is gluten-free.

Ingredients 13 · SERVES 4

- [ ] 1 kg **lamb** on the bone (mixed cuts such as ribs, neck and shoulder)
- [ ] 2 large **red onions**, chopped
- [ ] 1 head **garlic**, chopped
- [ ] 3 tbsp **vegetable oil**
- [ ] 1 tbsp **ground turmeric**
- [ ] 1 tbsp **ginger** (ground)
- [ ] ½ tbsp **ground white pepper** (nech kundo berbere)
- [ ] ½ tbsp **dried rosemary**
- [ ] **Water**: 2 litres boiling water
- [ ] **Salt**: 1 vegetable stock cube and ½ tbsp salt
- [ ] 3 tbsp **fresh butter** (lega kibe)
- [ ] ½ tbsp **mitmita** (Ethiopian bird's-eye chilli spice blend)
- [ ] 1 **long green chilli**, cut lengthwise into thick strips

Allergens found in the listed ingredients: Gluten, Milk. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Score the lamb pieces all over with a knife, cutting in towards the bone so the onion base can soak in. Cut any boneless meat into chunks. 0:52
2. Cook the chopped onion and garlic in a dry pot over medium heat, stirring, until soft. 2:03
3. Add the oil and the turmeric and stir to make a golden onion base. 2:35
4. Add the lamb and turn it in the onion base until every piece is coated. 2:45
5. Add the ginger, white pepper and rosemary and keep stirring the meat in the base for at least 10 minutes, splashing in a little hot water if it starts to stick. 3:40
6. Crumble in the stock cube, pour in the boiling water, cover and simmer over medium heat for 45 minutes to 1½ hours, until the lamb is tender. Top up with boiling water if it reduces too much before the meat is done. 4:35
7. Stir in the butter and season with the salt and mitmita. 6:10
8. Add the green chilli strips, simmer a few minutes more and serve the soup hot. 6:35

> **Tip** Serves 4 (our estimate). A festive and get-well soup in Ethiopia, often eaten with injera or bread; it is just as good on its own. Goat or beef on the bone work the same way.

The method is a summary in our words, in English — the video (in Amharic) shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
547 kcal	28 g	16 g	3.3 g	41 g	1,340 mg
2,290 kJ	55% of a day	13 g net · 4.6 g sugars	12% of a day	16 g saturated	58% of a day
		6% of a day		53% of a day	

Energy from net carbs 10% · protein 21% · fat 69% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Vitamin B12 123% · Omega-3 85% · Selenium 59% · Zinc 58% · Vitamin B6 25% · Iron 24%

Source of (10–19%) Vitamin C 17% · Vitamin E 17% · Vitamin K 16% · Potassium 12% · Magnesium 12% · Folate 12%

⚠ One serve has about 58% of a day's sodium — less salt, stock or sauce (or reduced-salt versions) brings it down.

Recipe and video: Melegna | ሙለኛ (@melegna) on YouTube — youtube.com/watch?v=oOZRszDwVPM, published 3 January 2024. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/yebeg-kikil