

# Lamb Rogan Josh

You Will Need:

Shopping List	Lamb Rogan Josh
<b>Protein</b>	
Stew lamb	2 pounds
<b>Miscellaneous</b>	
Oil or ghee	3 tablespoons
Fresh garlic	2 cloves
Water	1 1/4 cup
Onions	2
Cream/yogurt/coconut milk	1 cup
Lemon juice	1 teaspoon
Fresh cilantro	garnish
Tomato paste	1 can

