



# Greek Easter soup with tomato – Magiritsa

30'

Hands on

60'

Cook Time

6-8

Portion(s)

2

Difficulty



## Ingredients

- 1 kilo lamb pluck, lamb (lungs, liver, heart)
- 10 spring onions
- 4 clove(s) of garlic
- 1 bunch dill, + extra, to serve
- 1 tablespoon(s) fennel leaves
- 3 tablespoon(s) mint, fresh
- 2 tablespoon(s) olive oil
- 2 tablespoon(s) tomato paste
- 1/2 teaspoon(s) cinnamon, ground
- 400 g canned tomatoes
- 1 teaspoon(s) pepper, red
- salt
- pepper
- 1 liter water
- 1 tablespoon(s) granulated sugar

## Διατροφικός πίνακας

Nutrition information per portion

317 Calories (kcal)	12.0 Total Fat (g)	2.6 Saturated Fat (g)	20.0 Total Carbs (g)
16%	17%	13%	8%
17.0 Sugars (g)	29.0 Protein (g)	5.5 Fibre (g)	0.23 Sodium (g)
19%	58%	22%	4%

## Method

- Wash the lamb pluck very carefully.
- In a **pot** with boiling water, add the lamb pluck and boil it for 10 minutes.
- Take it out of the pot and set it aside to cool.
- Cut the whole lamb pluck into small 1-2 cm pieces.
- Finely chop the spring onions, garlic, dill, fennel leaves, mint, and set them aside until needed.
- In a pot, add the olive oil and place it over medium heat.
- Add the lamb pluck and sauté for 3-4 minutes until golden.
- Add the tomato paste, garlic, spring onions, and keep sautéing for 1-2 minutes.
- Add the cinnamon, canned tomatoes, red pepper, sugar, salt, pepper, water, and mix with a wooden spoon.
- Boil for 40-50 minutes.
- Remove from the heat, add the dill, the fennel leaves, the mint, and mix.
- Serve with finely chopped dill.