



Basque Lamb Stew



Gluten Free



Dairy Free



Popular

READY IN



380 min.

SERVINGS



4

CALORIES



536 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3.5 pounds lamb shoulder cut into 2 inch pieces
- ☐ 6 cloves garlic crushed peeled
- ☐ 1 sprig rosemary fresh chopped
- ☐ 0.5 cup cooking wine dry white
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 large onion peeled chopped
- ☐ 4 servings salt
- ☐ 2 teaspoons paprika sweet

- ☐ 10 ounce roasted bell peppers red cut into 1/2 inch strips canned
- ☐ 1 large tomatoes ripe peeled seeded chopped
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 bay leaf
- ☐ 1 cup full-bodied red wine dry
- ☐ 1 cup chicken stock see
- ☐ 4 servings pepper black freshly ground

Equipment

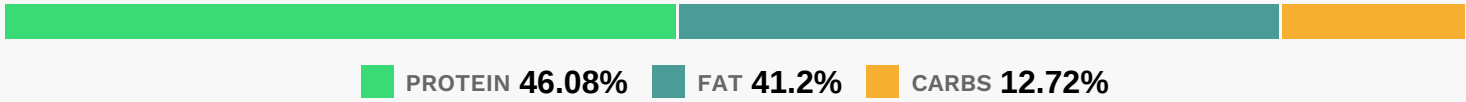
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ pot
- ☐ wooden spoon

Directions

- ☐ Combine the lamb, half of the garlic cloves, rosemary, and white wine in a medium bowl.
- ☐ Let marinate for 2 to 3 hours.
- ☐ Drain the meat, discard the marinade, and pat dry with paper towels. Mince the remaining garlic cloves and set aside.
- ☐ Heat olive oil in a large, heavy-bottomed pan with lid, over medium-high heat. Working in batches, brown the meat on all sides, about 10 minutes per batch. Salt the meat as it browns.
- ☐ Remove the meat from the pan and add the chopped onion to the pan. Cook, scraping browned bits stuck to the bottom of the pot with a wooden spoon, until the onions are soft, about 5 minutes.
- ☐ Add the garlic and cook another minute.
- ☐ Return meat to pan, add paprika, roasted peppers, tomatoes, parsley, bay leaf, red wine, bring to simmer: Return the meat to the pan with the onions and garlic. Stir in paprika, roasted peppers, tomatoes, parsley, bay leaf, and red wine. Bring to a boil, reduce heat to medium, and simmer uncovered for 15 minutes, allowing the liquids to reduce a bit.

- ☐
- Add chicken stock, simmer:
- ☐
- Add the chicken stock, bring to a boil, reduce heat to low and simmer, covered, stirring occasionally, until meat is very tender, 2 to 2 1/2 hours.
- ☐
- Add freshly ground black pepper and more salt to taste.
- ☐
- Serve with rustic bread. If you want, try garnishing with fresh mint leaves (though I have no idea how "Basque" that is, it just tastes good.)

Nutrition Facts



Properties

Glycemic Index:51, Glycemic Load:2.07, Inflammation Score:-9, Nutrition Score:36.786086787348%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg Malvidin: 8.32mg, Malvidin: 8.32mg, Malvidin: 8.32mg, Malvidin: 8.32mg Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg Catechin: 4.51mg, Catechin: 4.51mg, Catechin: 4.51mg, Catechin: 4.51mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 2.44mg, Epicatechin: 2.44mg, Epicatechin: 2.44mg, Epicatechin: 2.44mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg Naringenin: 1.49mg, Naringenin: 1.49mg, Naringenin: 1.49mg, Naringenin: 1.49mg Apigenin: 4.4mg, Apigenin: 4.4mg, Apigenin: 4.4mg, Apigenin: 4.4mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.69mg, Myricetin: 0.69mg, Myricetin: 0.69mg, Myricetin: 0.69mg Quercetin: 8.6mg, Quercetin: 8.6mg, Quercetin: 8.6mg, Quercetin: 8.6mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 535.69kcal (26.78%), Fat: 21.24g (32.67%), Saturated Fat: 5.9g (36.88%), Carbohydrates: 14.74g (4.91%), Net Carbohydrates: 12.17g (4.42%), Sugar: 4.56g (5.07%), Cholesterol: 161.83mg (53.94%), Sodium: 1432.79mg (62.3%), Alcohol: 9.45g (100%), Alcohol %: 2.1% (100%), Protein: 53.44g (106.88%), Vitamin B12: 6.68µg (111.27%), Vitamin B3: 16.98mg (84.91%), Selenium: 59.34µg (84.77%), Zinc: 10.97mg (73.13%), Vitamin C: 46.17mg (55.97%), Phosphorus: 547.84mg (54.78%), Vitamin B2: 0.71mg (41.69%), Vitamin K: 42.28µg (40.27%), Vitamin B6: 0.75mg (37.41%), Potassium: 1197.85mg (34.22%), Iron: 6.08mg (33.76%), Vitamin A: 1415.56IU (28.31%), Vitamin B1: 0.39mg (26.1%), Manganese: 0.5mg (24.89%), Copper: 0.49mg (24.45%), Magnesium: 95.8mg (23.95%), Folate: 92.95µg (23.24%), Vitamin B5: 2.01mg (20.07%), Vitamin E: 2.14mg (14.27%), Fiber: 2.58g (10.32%), Calcium: 95.65mg

(9.57%)