



Emerald Isle Stew

 Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



842 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 bay leaves
- ☐ 10.5 ounce beef broth undiluted canned
- ☐ 1 pound beef top sirloin steaks boneless lean trimmed cut into 1-inch cubes
- ☐ 0.8 pound carrots cut into 1/4-inch slices
- ☐ 2 teaspoons tarragon dried
- ☐ 3 tablespoons flour all-purpose
- ☐ 1 clove garlic minced
- ☐ 4.5 pound leg of lamb

- ☐ 1 pound baby potatoes cut into 3/4-inch cubes
- ☐ 1 pound onion chopped
- ☐ 1 teaspoon pepper
- ☐ 17.3 ounce puff pastry frozen thawed
- ☐ 1 tablespoon salt
- ☐ 0.8 cup porter
- ☐ 1 tablespoon vegetable oil
- ☐ 0.3 cup water
- ☐ 2 cups water

Equipment

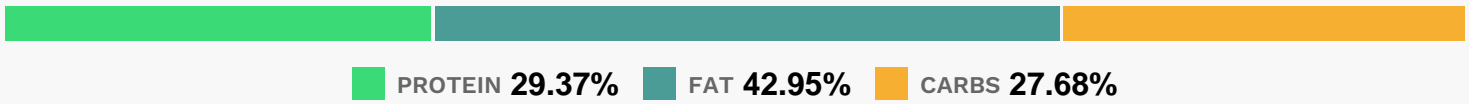
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ cookie cutter
- ☐ dutch oven

Directions

- ☐ Remove meat from lamb bone; cut into 1-inch cubes. Set bone aside.
- ☐ Brown all sides of beef and lamb cubes in oil in a large Dutch oven over medium-high heat, stirring beef and lamb occasionally.
- ☐ Add lamb bone, onion, and next 7 ingredients; bring to a boil. Cover, reduce heat, and simmer 30 minutes.
- ☐ Remove lamb bone; add carrot, potato, and tarragon. Cover and simmer 30 minutes.
- ☐ Remove and discard bay leaves.
- ☐ Combine flour and 1/4 cup water; stir until mixture is smooth. Slowly add flour mixture to stew, stirring constantly.
- ☐ Cook over medium heat 3 minutes or until thickened and bubbly.
- ☐ Cut puff pastry into shapes with a 5-inch shamrock cookie cutter.

- ☐
- Place pastry shamrocks on an ungreased baking sheet.
- ☐
- Bake at 400 for 5 minutes or until lightly browned.
- ☐
- Spoon stew into individual bowls; top each with shamrock puff pastry.
- ☐
- Note: For the stout beer, we used Guinness.
- ☐
- * You can substitute 3 pounds trimmed lean boneless beef top sirloin steak, cut into 1-inch cubes, for lamb.

Nutrition Facts



Properties

Glycemic Index:60.08, Glycemic Load:30.25, Inflammation Score:-10, Nutrition Score:43.215652092643%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 3.25mg, Isorhamnetin: 3.25mg, Isorhamnetin: 3.25mg, Isorhamnetin: 3.25mg Kaempferol: 1.06mg, Kaempferol: 1.06mg, Kaempferol: 1.06mg, Kaempferol: 1.06mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 13.72mg, Quercetin: 13.72mg, Quercetin: 13.72mg, Quercetin: 13.72mg

Nutrients (% of daily need)

Calories: 841.86kcal (42.09%), Fat: 39.56g (60.86%), Saturated Fat: 10.97g (68.53%), Carbohydrates: 57.35g (19.12%), Net Carbohydrates: 52.19g (18.98%), Sugar: 6.09g (6.76%), Cholesterol: 155.8mg (51.93%), Sodium: 1523.34mg (66.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 60.86g (121.73%), Vitamin A: 8151.41IU (163.03%), Selenium: 82.09µg (117.28%), Vitamin B3: 20.36mg (101.82%), Vitamin B12: 5.6µg (93.32%), Zinc: 10.5mg (69.98%), Phosphorus: 617.89mg (61.79%), Vitamin B6: 1.1mg (54.82%), Vitamin B2: 0.83mg (49.11%), Vitamin B1: 0.73mg (48.42%), Iron: 7.44mg (41.32%), Potassium: 1377.47mg (39.36%), Manganese: 0.77mg (38.35%), Folate: 145.54µg (36.39%), Magnesium: 107.89mg (26.97%), Vitamin C: 20.87mg (25.3%), Copper: 0.5mg (25.24%), Vitamin K: 23.92µg (22.78%), Vitamin B5: 2.18mg (21.8%), Fiber: 5.16g (20.64%), Vitamin E: 1.47mg (9.78%), Calcium: 85.94mg (8.59%)