



## How to Make Irish Stew

READY IN



165 min.

SERVINGS



6

CALORIES



384 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1.5 pounds baby dutch potatoes yellow
- 1 tablespoon butter
- 2 carrots chopped
- 2 stalks celery chopped
- 3 cups chicken stock see
- 0.5 teaspoon rosemary dried
- 2 tablespoons flour all-purpose
- 0.3 cup green onions chopped
- 6 servings salt and ground pepper black to taste

- 3 pounds lamb shoulder chops
- 1 onion chopped
- 1 tablespoon vegetable oil
- 6 servings water as needed

## Equipment

- frying pan
- pot
- slotted spoon

## Directions

- Season lamb shoulder chops with salt and black pepper.
- Heat oil in a large heavy skillet over high heat. Working in batches, cook lamb shoulder chops until browned on both sides, 3 to 5 minutes per side.
- Transfer chops to a stock pot.
- Cook and stir onion with a pinch of salt in the same skillet over medium heat until slightly softened and edges are browning, about 5 minutes. Stir butter into onion until melted; add flour and stir until onions are coated, about 1 minute.
- Pour stock into onion mixture; bring to a boil, add rosemary, and stir until mixture thickens, 5 to 10 minutes.
- Stir carrots and celery into pot with lamb shoulder chops and pour chicken stock mixture over the top.
- Add water as needed to cover meat completely. Bring mixture to a simmer, reduce heat to low, cover the pot with a lid, and cook until meat is almost falling off the bone, about 1 1/2 hours.
- Transfer meat to a plate. Stir potatoes into stew and return meat to stew, placing on top of vegetables. Simmer, covered, until potatoes are tender and meat is falling off the bone, about 30 minutes.
- Transfer meat to a plate using a slotted spoon. Bring stew to a boil and cook, skimming off fat, until stew is reduced and thick, 10 to 12 minutes.
- Remove meat from bones; discard bones and any pieces of fat. Stir meat back into stew. Stir green onions into stew and season with salt and pepper to taste.

# Nutrition Facts

PROTEIN 36.57% FAT 31.42% CARBS 32.01%

## Properties

Glycemic Index:74.76, Glycemic Load:17.04, Inflammation Score:-10, Nutrition Score:27.918260719465%

## Flavonoids

Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 1.16mg, Kaempferol: 1.16mg, Kaempferol: 1.16mg, Kaempferol: 1.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.06mg, Quercetin: 5.06mg, Quercetin: 5.06mg, Quercetin: 5.06mg

## Nutrients (% of daily need)

Calories: 384.14kcal (19.21%), Fat: 13.26g (20.4%), Saturated Fat: 4.64g (29.03%), Carbohydrates: 30.39g (10.13%), Net Carbohydrates: 26.59g (9.67%), Sugar: 4.81g (5.34%), Cholesterol: 100.06mg (33.35%), Sodium: 330mg (14.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.72g (69.45%), Vitamin A: 3563.65IU (71.27%), Vitamin B12: 3.82µg (63.65%), Vitamin B3: 12.1mg (60.5%), Selenium: 36.48µg (52.12%), Zinc: 6.58mg (43.9%), Phosphorus: 383.4mg (38.34%), Vitamin B6: 0.69mg (34.31%), Potassium: 1156.12mg (33.03%), Vitamin C: 26.34mg (31.92%), Vitamin B2: 0.51mg (29.88%), Vitamin B1: 0.35mg (23.4%), Iron: 3.94mg (21.89%), Vitamin K: 22.19µg (21.13%), Copper: 0.42mg (21.01%), Folate: 77.94µg (19.48%), Magnesium: 76.33mg (19.08%), Manganese: 0.31mg (15.54%), Fiber: 3.79g (15.18%), Vitamin B5: 1.49mg (14.93%), Calcium: 62.2mg (6.22%), Vitamin E: 0.8mg (5.34%)