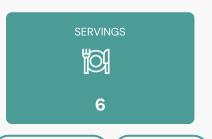
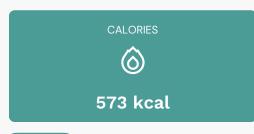


Irish Lamb Stew with Bacon

airy Free







LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

2.5 pounds shoulder blade chops bone-in trimmed
6 slices bacon
2 pounds potatoes peeled quartered (Yukon gold preferred)
2 large onions quartered
2 large carrots peeled cut into 2-inch segents
1 turnip peeled cut into 1-inch pieces
2 tablespoons pearl barley gluten-free for version (omit)
1 tablespoon thyme leaves dried fresh chopped

	6 servings salt and pepper black freshly ground	
	1 quart lamb stock warmed	
Equipment		
	frying pan	
	pot	
	dutch oven	
	tongs	
Directions		
	Heat a large (6-quart), thick-bottomed Dutch oven on medium heat.	
	Layer the bacon on the bottom of the pan and cook the slices gently, a few minutes on each side, until much of the fat has been rendered out, and the slices have browned lightly.	
	Place the cooked bacon strips on a paper-towel-lined plate to absorb the excess fat. Chop the bacon and set aside.	
	Brown the lamb in bacon fat:	
	Remove all but 2 tablespoons of bacon fat from the pan (do not pour the removed fat down the drain or it will clog the drain pipes). Increase the heat to medium high.	
	Working in batches as to not crowd the pan, brown the lamb pieces on all sides, taking care not to stir the lamb pieces so they can get sufficiently browned.	
	Arrange the meat and vegetables in the pan in layers: Start first with a layer of lamb, then add a layer of potatoes, onions, turnips, carrots, and chopped bacon.	
	Add another layer of lamb and then another of vegetables.	
	Add the barley, thyme, black pepper and a teaspoon of salt.	
	Add water or stock to the pot, and bring to a boil. Reduce the heat to a bare simmer.	
	Let simmer, covered, but with the lid slightly ajar, for 11/2 to 2 hours, until the meat is fork tender and falling off the bones.	
	any excess fat from the stew. Use tongs to pick out and remove bones. Adjust seasonings, adding salt and pepper to taste.	

Nutrition Facts

Properties

Glycemic Index:43.76, Glycemic Load:21.83, Inflammation Score:-10, Nutrition Score:38.01521740789%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Kaempferol: 1.59mg, Kaempferol: 1.59mg, Kaempferol: 1.59mg, Kaempferol: 1.59mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Quercetin: 11.26mg, Quercetin: 11.26mg, Quercetin: 11.26mg

Nutrients (% of daily need)

Calories: 572.75kcal (28.64%), Fat: 22.22g (34.19%), Saturated Fat: 7.66g (47.86%), Carbohydrates: 39.96g (13.32%), Net Carbohydrates: 33.7g (12.25%), Sugar: 5.26g (5.85%), Cholesterol: 141.15mg (47.05%), Sodium: 498.52mg (21.67%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 50.74g (101.48%), Vitamin B6: 2mg (100.24%), Vitamin B1: 1.5mg (100.15%), Selenium: 69.74µg (99.63%), Vitamin B3: 18.21mg (91.06%), Vitamin A: 4056.13IU (81.12%), Phosphorus: 585.78mg (58.58%), Vitamin C: 39.51mg (47.89%), Potassium: 1594.25mg (45.55%), Vitamin B2: 0.46mg (26.93%), Zinc: 3.97mg (26.48%), Magnesium: 102.2mg (25.55%), Manganese: 0.5mg (25.17%), Fiber: 6.26g (25.02%), Vitamin B5: 2.13mg (21.27%), Iron: 3.41mg (18.94%), Vitamin B12: 1.11µg (18.53%), Copper: 0.35mg (17.69%), Vitamin K: 17.96µg (17.11%), Folate: 44.28µg (11.07%), Calcium: 72.47mg (7.25%), Vitamin D: 0.84µg (5.63%), Vitamin E: 0.58mg (3.88%)