



 **98%**
HEALTH SCORE

Irish Stew, My Way

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



210 min.

SERVINGS



8

CALORIES



421 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 fluid ounce beer canned
- 0.5 teaspoon pepper black freshly ground
- 14.5 ounce beef broth canned
- 3 carrots cut into 1/2 inch pieces
- 2 stalks celery cut into 1/2 inch pieces
- 2 tablespoons cornstarch
- 3 cloves garlic crushed
- 1 bell pepper green seeded cut into 1 inch pieces

- 1 tablespoon penzey's southwest seasoning dried italian
- 1 pound lamb stew meat cubed
- 2 tablespoons olive oil
- 2 parsnips peeled cut into 1/2 inch pieces
- 1 bell pepper red seeded cut into 1 inch pieces
- 8 small potatoes red quartered
- 0.3 teaspoon salt
- 1 pound pork stew meat cubed
- 1 small onion diced sweet
- 1 medium onion sweet cut into large chunks
- 1 medium turnip quartered cut into 1/2 inch pieces
- 1 bell pepper yellow seeded cut into 1 inch pieces

Equipment

- frying pan
- pot

Directions

- Heat olive oil in a large skillet over medium heat.
- Place 1 onion in skillet, and season with salt, pepper, and Italian seasoning.
- Mix in garlic. Cook and stir until tender.
- Mix in the lamb and pork, and cook until evenly brown. Reduce heat to low, and pour in beef broth. Simmer 30 minutes.
- Transfer the skillet mixture to a large pot.
- Mix in the carrots, turnip, parsnips, red bell pepper, yellow bell pepper, green bell pepper, remaining onion, and celery.
- Pour in the beer. Cover, and cook 2 hours over low heat.
- Remove 1/2 cup stew liquid. Stir potatoes into pot, and continue cooking 30 minutes, or until potatoes are tender. About 15 minutes before serving, mix cornstarch into the reserved liquid. Stir into the stew to thicken.

Nutrition Facts

PROTEIN 29.19% FAT 21.91% CARBS 48.9%

Properties

Glycemic Index:44.17, Glycemic Load:4.92, Inflammation Score:-10, Nutrition Score:35.020869337994%

Flavonoids

Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg Kaempferol: 1.4mg, Kaempferol: 1.4mg, Kaempferol: 1.4mg, Kaempferol: 1.4mg Myricetin: 1.01mg, Myricetin: 1.01mg, Myricetin: 1.01mg, Myricetin: 1.01mg Quercetin: 14.14mg, Quercetin: 14.14mg, Quercetin: 14.14mg, Quercetin: 14.14mg Gallic acid: 0.04mg, Gallic acid: 0.04mg, Gallic acid: 0.04mg, Gallic acid: 0.04mg

Nutrients (% of daily need)

Calories: 420.68kcal (21.03%), Fat: 10.07g (15.48%), Saturated Fat: 2.7g (16.88%), Carbohydrates: 50.55g (16.85%), Net Carbohydrates: 42.9g (15.6%), Sugar: 11.02g (12.25%), Cholesterol: 72.01mg (24%), Sodium: 411.26mg (17.88%), Alcohol: 1.73g (100%), Alcohol %: 0.36% (100%), Protein: 30.18g (60.35%), Vitamin C: 88.7mg (107.52%), Vitamin A: 4441.06IU (88.82%), Vitamin B6: 1.09mg (54.65%), Vitamin B3: 10.87mg (54.37%), Potassium: 1642.81mg (46.94%), Selenium: 31.7µg (45.28%), Vitamin B12: 2.64µg (44.03%), Phosphorus: 423.55mg (42.35%), Zinc: 5.84mg (38.91%), Manganese: 0.73mg (36.63%), Folate: 123.66µg (30.92%), Fiber: 7.65g (30.59%), Vitamin K: 28.59µg (27.23%), Copper: 0.51mg (25.6%), Vitamin B1: 0.38mg (25.58%), Iron: 4.56mg (25.34%), Magnesium: 100.95mg (25.24%), Vitamin B2: 0.39mg (22.71%), Vitamin B5: 1.68mg (16.85%), Vitamin E: 2mg (13.32%), Calcium: 101.21mg (10.12%)