



Lamb and Mushroom Stew

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



6

CALORIES



401 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 pounds beef chuck cut into 1 1/2-inch chunks
- 1 cup carrots thinly sliced
- 1 tablespoon cornstarch
- 1 cup cooking wine dry red
- 3 tablespoons basil leaves fresh minced
- 1 tablespoon rosemary leaves fresh minced
- 0.5 pound mushroom caps fresh (common mushrooms)
- 4 cloves garlic minced

- 0.5 pound common mushrooms
- 0.8 pound onions peeled coarsely chopped
- 2 ounces thin- pancetta chopped
- 10 oz peas frozen
- 6 servings potatoes hot cooked mashed
- 6 servings salt and pepper

Equipment

- bowl
- frying pan
- slotted spoon
- pressure cooker

Directions

- In a 6-quart pressure cooker over high heat, frequently stir lamb until browned, about 15 minutes. With a slotted spoon, transfer lamb to a bowl.
- Meanwhile, rinse common mushrooms, trim stem ends, and quarter mushrooms. Rinse shiitakes, discard stems, and slice caps.
- In cooker, stir common mushrooms, shiitakes, onions, carrots, garlic, and pancetta until onions are lightly browned, about 10 minutes.
- Add lamb and juices, wine, basil, rosemary, and cloves.
- Seal cooker. Following manufacturer's instructions, bring to maximum pressure (15 lb.); adjust heat to stabilize cooking rate. Cook 20 minutes. Release pressure quickly, running cold water over pan.
- Open pan. If desired, discard cloves.
- Add peas to pan.
- Mix cornstarch with 2 tablespoons water and stir into mixture, then stir stew over high heat until boiling. Season to taste with salt and pepper.
- Serve with mashed potatoes or cooked rice.

Nutrition Facts

PROTEIN 30.12% FAT 23.2% CARBS 46.68%

Properties

Glycemic Index:65.19, Glycemic Load:28.57, Inflammation Score:-10, Nutrition Score:28.100869469021%

Flavonoids

Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg Delphinidin: 1.67mg, Delphinidin: 1.67mg, Delphinidin: 1.67mg, Delphinidin: 1.67mg Malvidin: 10.5mg, Malvidin: 10.5mg, Malvidin: 10.5mg, Malvidin: 10.5mg Peonidin: 0.74mg, Peonidin: 0.74mg, Peonidin: 0.74mg, Peonidin: 0.74mg Catechin: 3.08mg, Catechin: 3.08mg, Catechin: 3.08mg, Catechin: 3.08mg Epicatechin: 4.27mg, Epicatechin: 4.27mg, Epicatechin: 4.27mg, Epicatechin: 4.27mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 2.85mg, Isorhamnetin: 2.85mg, Isorhamnetin: 2.85mg, Isorhamnetin: 2.85mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 11.82mg, Quercetin: 11.82mg, Quercetin: 11.82mg, Quercetin: 11.82mg

Nutrients (% of daily need)

Calories: 400.63kcal (20.03%), Fat: 9.57g (14.73%), Saturated Fat: 3.18g (19.9%), Carbohydrates: 43.33g (14.44%), Net Carbohydrates: 37.32g (13.57%), Sugar: 7.8g (8.67%), Cholesterol: 67.2mg (22.4%), Sodium: 348.09mg (15.13%), Alcohol: 4.2g (100%), Alcohol %: 1.24% (100%), Protein: 27.96g (55.92%), Vitamin A: 3992.71IU (79.85%), Vitamin B3: 10.53mg (52.65%), Selenium: 36.6µg (52.28%), Vitamin B12: 2.61µg (43.43%), Manganese: 0.85mg (42.41%), Zinc: 5.81mg (38.71%), Phosphorus: 378.55mg (37.85%), Vitamin B2: 0.56mg (33.21%), Vitamin C: 26.02mg (31.54%), Vitamin B6: 0.6mg (29.82%), Vitamin B1: 0.36mg (24.19%), Fiber: 6.01g (24.04%), Potassium: 834.46mg (23.84%), Vitamin B5: 2.37mg (23.73%), Copper: 0.47mg (23.47%), Folate: 83.21µg (20.8%), Vitamin K: 18.94µg (18.04%), Magnesium: 70.7mg (17.67%), Iron: 3.17mg (17.62%), Calcium: 60.18mg (6.02%), Vitamin E: 0.51mg (3.39%), Vitamin D: 0.26µg (1.76%)