

health-score100%

HEALTH SCORE

Lamb and Turnip Stew with Stout

 Dairy Free  Very Healthy

READY IN

ready

135 min.

SERVINGS

servings

6

CALORIES

calories

307 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 3 ribs celery cut into 1/2-inch dice
- ☐ 3 tablespoons flat-leaf parsley chopped
- ☐ 4 tablespoons flour all-purpose
- ☐ 6 servings kosher salt
- ☐ 2 pounds lamb shoulder boneless cut into 1-inch cubes
- ☐ 1 small bunch marjoram with string
- ☐ 6 servings oil well vegetable, peanut, canola or olive, anything will work

- ☐ 2 small onions cut into 1/2-inch dice
- ☐ 2 pints stout beer recommended: Guinness
- ☐ 0.5 cup tomato purée
- ☐ 3 turnips peeled cut into 1/2-inch dice

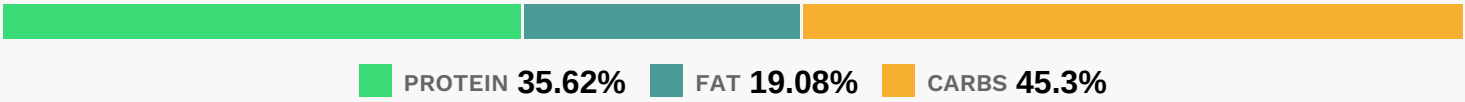
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ Coat a wide, large heavy-bottomed pot with oil and heat over high heat. Toss 1/2 of the lamb cubes generously with salt and half of the flour.
- ☐ Add immediately to the hot oil and brown well on all sides. When the lamb is really brown on all sides, remove it from the pot and reserve. If the oil begins to smoke, lower the heat and continue. Repeat this process with the remaining lamb and flour. Put all the browned lamb on a plate.
- ☐ Remove the excess oil from the pot, add a little fresh oil and heat it over medium-high heat.
- ☐ Add the onions and celery and season with salt. Cook until the onions start to soften and are very aromatic, about 7 to 8 minutes.
- ☐ Add the turnips, stir to combine and cook for 2 to 3 minutes. Return the lamb to the pan and add the tomato puree, stout, marjoram, and bay leaves. Stir to combine, taste for seasoning and adjust, if needed. Bring the liquid to a boil, then reduce the heat it to a simmer. Cover the pot halfway with a lid and simmer the stew for about 1 1/2 to 2 hours, checking and stirring occasionally.
- ☐ Remove the lid during the last 15 to 20 minutes of the cooking time to allow the liquid to reduce and thicken. Taste and adjust the seasoning, if needed (it probably will). When it's done, the lamb will be tender and full-flavored but not falling apart or stringy. Discard the bay leaves and transfer to a serving bowl.
- ☐ Garnish with parsley and serve.
- ☐ That's a great craic!

Nutrition Facts



Properties

Glycemic Index:47.33, Glycemic Load:9.28, Inflammation Score:-10, Nutrition Score:29.053043655727%

Flavonoids

Apigenin: 5.03mg, Apigenin: 5.03mg, Apigenin: 5.03mg, Apigenin: 5.03mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 5.72mg, Quercetin: 5.72mg, Quercetin: 5.72mg, Quercetin: 5.72mg

Nutrients (% of daily need)

Calories: 307.32kcal (15.37%), Fat: 5.95g (9.16%), Saturated Fat: 1.93g (12.03%), Carbohydrates: 31.8g (10.6%), Net Carbohydrates: 24.04g (8.74%), Sugar: 4.83g (5.37%), Cholesterol: 60.96mg (20.32%), Sodium: 370.64mg (16.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25g (50%), Vitamin A: 5329.31IU (106.59%), Vitamin K: 65.48µg (62.36%), Vitamin B12: 2.54µg (42.39%), Vitamin B3: 8mg (40.02%), Iron: 7mg (38.89%), Vitamin C: 31.75mg (38.49%), Selenium: 24.65µg (35.21%), Manganese: 0.68mg (34.06%), Zinc: 4.88mg (32.53%), Fiber: 7.76g (31.03%), Phosphorus: 286.98mg (28.7%), Potassium: 844.79mg (24.14%), Folate: 96.1µg (24.03%), Vitamin B2: 0.39mg (22.93%), Vitamin B1: 0.32mg (21.54%), Vitamin B6: 0.41mg (20.48%), Magnesium: 78.48mg (19.62%), Copper: 0.38mg (19.17%), Calcium: 156.6mg (15.66%), Vitamin B5: 1.16mg (11.6%), Vitamin E: 0.81mg (5.37%)