



## Lamb Stew with Beans and Olives

READY IN



45 min.

SERVINGS



4

CALORIES



582 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 bay leaf
- 4 cups beef stock
- 0.7 cup calamata olives pitted halved
- 0.3 cup cooking wine dry red
- 2 tablespoons flour all-purpose
- 1.5 cups baby lima beans frozen
- 2 pounds lamb shoulder boneless cut into 2-inch pieces
- 2.5 ounces pancetta finely chopped
- 0.3 cup parsley coarsely chopped

- 1 cup pinto beans--soaked overnight in water dried drained and rinsed to cover,
- 4 servings salt and pepper freshly ground
- 3 large shallots minced
- 1 tablespoon tomato paste
- 1 tablespoon butter unsalted
- 2 tablespoons vegetable oil

## Equipment

- bowl
- sauce pan
- whisk

## Directions

- In a medium saucepan, cover the dried beans with water. Simmer the beans with the bay leaf over low heat until tender, about 45 minutes. Leave the beans in their cooking water.
- In a medium enameled cast-iron casserole, heat 1 tablespoon of the oil.
- Add half of the lamb and season with salt and pepper. Brown the meat over moderately high heat, about 3 minutes per side; transfer to a plate. Repeat with the remaining oil and lamb.
- Add the pancetta and butter to the casserole and cook over low heat until the pancetta is slightly crisp, about 4 minutes.
- Add the shallots and cook until softened but not browned, 3 to 5 minutes. Stir in the flour and cook, stirring, for 1 minute. Stir in the tomato paste and then the wine and simmer, stirring, for 3 minutes.
- Whisk in the stock until smooth and bring to a boil. Return the lamb to the casserole and simmer over low heat, skimming a few times, until the lamb is tender, about 1 hour.
- Drain the dried beans, add them to the stew and simmer for 15 minutes longer.
- Cook the lima beans in a small saucepan of boiling water until tender, about 4 minutes; drain well.
- Add the lima beans to the stew and season with salt and pepper. Stir in the olives. Spoon the stew into shallow bowls, sprinkle with the parsley and serve.

Make Ahead: The lamb stew can be prepared through Step 3 and refrigerated for up to 2days.

## Nutrition Facts

**PROTEIN 31.21%** **FAT 44.26%** **CARBS 24.53%**

### Properties

Glycemic Index:51.38, Glycemic Load:4.87, Inflammation Score:-8, Nutrition Score:31.588695746401%

### Flavonoids

Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

### Nutrients (% of daily need)

Calories: 581.94kcal (29.1%), Fat: 28.2g (43.38%), Saturated Fat: 8.44g (52.78%), Carbohydrates: 35.18g (11.73%), Net Carbohydrates: 25.9g (9.42%), Sugar: 2.27g (2.53%), Cholesterol: 110.66mg (36.89%), Sodium: 1269.49mg (55.2%), Alcohol: 1.58g (100%), Alcohol %: 0.34% (100%), Protein: 44.74g (89.48%), Vitamin K: 76.68µg (73.03%), Vitamin B12: 3.91µg (65.16%), Selenium: 41.89µg (59.84%), Vitamin B3: 10.54mg (52.68%), Zinc: 7.13mg (47.5%), Phosphorus: 440.64mg (44.06%), Potassium: 1527.96mg (43.66%), Manganese: 0.76mg (38.14%), Fiber: 9.28g (37.1%), Folate: 145.28µg (36.32%), Iron: 5.69mg (31.59%), Vitamin B1: 0.42mg (28.28%), Vitamin B6: 0.54mg (27.18%), Vitamin B2: 0.45mg (26.5%), Magnesium: 100.87mg (25.22%), Copper: 0.42mg (20.77%), Vitamin E: 2.5mg (16.65%), Vitamin C: 12.82mg (15.54%), Vitamin B5: 1.43mg (14.32%), Vitamin A: 677.88IU (13.56%), Calcium: 86.21mg (8.62%)