



Lamb Stew with Butternut Squash



Gluten Free



Dairy Free

READY IN



175 min.

SERVINGS



6

CALORIES



224 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups beef stock
- ☐ 2 cups cubes butternut squash
- ☐ 28 ounce canned tomatoes chopped canned
- ☐ 0.8 cup carrots chopped
- ☐ 1 sprig rosemary fresh
- ☐ 2 cloves garlic chopped
- ☐ 1.5 pounds lamb shoulder boneless cut into 1-inch cubes
- ☐ 1 onion chopped

- ☐ 6 servings salt to taste
- ☐ 2 sprigs thyme leaves
- ☐ 2 tablespoons vegetable oil divided

Equipment

- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ wooden spoon
- ☐ slotted spoon
- ☐ dutch oven

Directions

- ☐ Preheat oven to 325 degrees F (165 degrees C).
- ☐ Season lamb with salt.
- ☐ Heat 1 tablespoon oil in a Dutch oven over medium-high heat. Cook and stir 1/2 the lamb cubes in hot oil until browned on all sides, about 5 minutes.
- ☐ Transfer browned meat with a slotted spoon to a plate, reserving drippings in the pot.
- ☐ Add remaining 1 tablespoon oil to the Dutch oven. Cook and stir second 1/2 the lamb cubes until browned on all sides, about 5 minutes.
- ☐ Transfer lamb to plate. Reduce heat to medium-low.
- ☐ Cook and stir onion, carrots, and garlic in Dutch oven until slightly softened, 3 to 5 minutes. Stir lamb cubes and any accumulated juices, tomatoes, beef stock, thyme, and rosemary into onion mixture and bring to a boil while scraping the browned bits of food off of the bottom of the pan with a wooden spoon. Cover Dutch oven with an oven-proof lid.
- ☐ Cook stew in the covered Dutch oven in the preheated oven until the lamb is tender, 2 to 3 hours. Stir butternut squash cubes into stew, recover the Dutch oven, and return to the preheated oven until squash is tender, 20 to 25 minutes.

Nutrition Facts



Properties

Glycemic Index:31.14, Glycemic Load:3.7, Inflammation Score:-10, Nutrition Score:23.116087042767%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg

Nutrients (% of daily need)

Calories: 223.85kcal (11.19%), Fat: 8.81g (13.55%), Saturated Fat: 2.13g (13.29%), Carbohydrates: 19.72g (6.57%), Net Carbohydrates: 15.44g (5.62%), Sugar: 8.83g (9.81%), Cholesterol: 45.72mg (15.24%), Sodium: 589.96mg (25.65%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 18.93g (37.85%), Vitamin A: 7934.85IU (158.7%), Vitamin B3: 7.35mg (36.76%), Vitamin B12: 1.91µg (31.79%), Vitamin C: 25.12mg (30.45%), Potassium: 989.09mg (28.26%), Selenium: 18.45µg (26.36%), Zinc: 3.62mg (24.11%), Vitamin B6: 0.48mg (23.96%), Phosphorus: 228.23mg (22.82%), Manganese: 0.42mg (21.16%), Copper: 0.42mg (20.9%), Iron: 3.67mg (20.39%), Vitamin E: 2.97mg (19.81%), Vitamin B2: 0.33mg (19.54%), Vitamin B1: 0.28mg (18.61%), Magnesium: 70.34mg (17.59%), Vitamin K: 18.14µg (17.28%), Fiber: 4.28g (17.11%), Folate: 55.27µg (13.82%), Vitamin B5: 1.14mg (11.43%), Calcium: 95.18mg (9.52%)