



HEALTH SCORE

94%

Lamb Stew with Leeks and Baby Artichokes



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



393 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.8 pounds baby artichokes
- ☐ 0.8 teaspoon thyme dried
- ☐ 3 garlic clove minced
- ☐ 3.5 pounds lamb shoulder boneless trimmed cut into 2-inch pieces
- ☐ 2.5 cups leek white green thinly sliced (and pale parts only)
- ☐ 0.5 optional: lemon
- ☐ 1 tablespoon lemon zest finely grated
- ☐ 1.5 cups chicken broth ()

- ☐ 3 tablespoons olive oil
- ☐ 1 large onion thinly sliced
- ☐ 1.3 cups parsley fresh italian chopped

Equipment

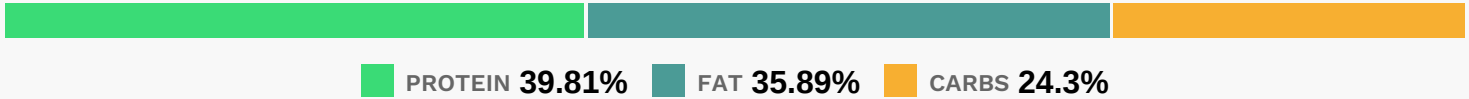
- ☐ bowl
- ☐ pot

Directions

- ☐ Place trimmed lamb in large bowl; sprinkle generously with salt and pepper. Cover and let stand at room temperature 30 minutes.
- ☐ Combine 1 cup chopped parsley, minced garlic, and grated lemon peel in small bowl. Reserve remaining 1/4 cup parsley for garnish.
- ☐ Heat oil in heavy large pot over high heat. Working in batches, add lamb and cook until well browned on all sides, about 7 minutes per batch.
- ☐ Transfer lamb to medium bowl.
- ☐ Add leeks and onion to drippings in pot and sauté until softened, about 7 minutes.
- ☐ Add chopped parsley mixture and thyme; stir 30 seconds. Return lamb and any accumulated juices to pot.
- ☐ Add 1 1/2 cups broth and bring to boil. Reduce heat to medium-low; cover and simmer until lamb is very tender, about 1 1/2 hours.
- ☐ Lamb stew can be prepared 1 day ahead of serving. Cool slightly. Refrigerate stew uncovered until cold, then cover and keep refrigerated. Bring lamb stew to simmer before continuing with recipe.
- ☐ Fill medium bowl with cold water. Squeeze juice from lemon half into water; add squeezed lemon half. Break off tough outer leaves from 1 artichoke where leaves break naturally, stopping when first yellow leaves are reached.
- ☐ Cut off stem and top 1/2 inch from artichoke, then cut artichoke in half lengthwise and drop into lemon water. Repeat with remaining artichokes.
- ☐ Drain artichokes and add to lamb stew. Bring to boil. Reduce heat to medium-low; cover and simmer until artichokes are tender, adding more broth by 1/4 cupfuls if stew is dry, about 25 minutes. Season stew to taste with salt and pepper.

- ☐ Transfer to bowl; sprinkle lamb stew with reserved 1/4 cup chopped parsley and serve with Mock Risotto alongside.
- ☐ To save time, have the butcher trim the excess fat from the lamb shoulder and cut the meat into two-inch pieces.

Nutrition Facts



Properties

Glycemic Index:24.42, Glycemic Load:2.4, Inflammation Score:-10, Nutrition Score:31.846956667693%

Flavonoids

Eriodictyol: 1.92mg, Eriodictyol: 1.92mg, Eriodictyol: 1.92mg, Eriodictyol: 1.92mg Hesperetin: 2.51mg, Hesperetin: 2.51mg, Hesperetin: 2.51mg, Hesperetin: 2.51mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 26.94mg, Apigenin: 26.94mg, Apigenin: 26.94mg, Apigenin: 26.94mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 1.35mg, Kaempferol: 1.35mg, Kaempferol: 1.35mg, Kaempferol: 1.35mg Myricetin: 2.01mg, Myricetin: 2.01mg, Myricetin: 2.01mg, Myricetin: 2.01mg Quercetin: 5.27mg, Quercetin: 5.27mg, Quercetin: 5.27mg, Quercetin: 5.27mg

Nutrients (% of daily need)

Calories: 393.14kcal (19.66%), Fat: 16.3g (25.08%), Saturated Fat: 4.22g (26.39%), Carbohydrates: 24.83g (8.28%), Net Carbohydrates: 15.75g (5.73%), Sugar: 5.35g (5.95%), Cholesterol: 106.68mg (35.56%), Sodium: 314.21mg (13.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.69g (81.38%), Vitamin K: 228.91µg (218.01%), Vitamin B12: 4.51µg (75.16%), Vitamin A: 2860.46IU (57.21%), Vitamin B3: 11.18mg (55.9%), Selenium: 38.61µg (55.16%), Zinc: 7.23mg (48.2%), Iron: 7.03mg (39.05%), Vitamin C: 32.16mg (38.98%), Fiber: 9.08g (36.34%), Phosphorus: 359.34mg (35.93%), Vitamin B2: 0.44mg (25.65%), Folate: 89µg (22.25%), Potassium: 722.78mg (20.65%), Vitamin B6: 0.41mg (20.59%), Vitamin B1: 0.25mg (16.83%), Magnesium: 62.92mg (15.73%), Manganese: 0.31mg (15.41%), Copper: 0.31mg (15.31%), Vitamin B5: 1.36mg (13.62%), Vitamin E: 1.84mg (12.27%), Calcium: 122.37mg (12.24%)