



Oven Stew of Lamb

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



559 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 large bay leaves
- ☐ 2.5 cups cooking wine dry red such as Merlot
- ☐ 0.5 cup flour all-purpose
- ☐ 8 large garlic cloves peeled
- ☐ 0.1 teaspoon ground cloves
- ☐ 1.5 tablespoons ground paprika
- ☐ 1 teaspoon ground pepper black to taste
- ☐ 2.5 teaspoons kosher salt

- ☐ 3.5 pounds leg of lamb boneless trimmed cut into 1-inch chunks
- ☐ 3 tablespoons olive oil
- ☐ 3.5 ounce pancetta diced finely
- ☐ 4 large bell peppers red seeded sliced into 2-inch pieces
- ☐ 2 cups converted rice cooked
- ☐ 2 onions yellow cut into eighths

Equipment

- ☐ baking sheet
- ☐ oven
- ☐ ziploc bags
- ☐ dutch oven

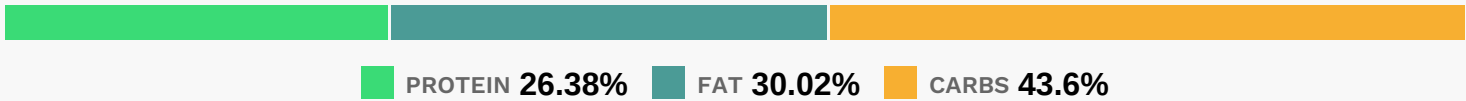
Directions

- ☐ Preheat oven to 350
- ☐ Season lamb with 1/2 teaspoon kosher salt.
- ☐ Combine flour, remaining 2 teaspoons salt, paprika, and ground black pepper in large heavy-duty zip-top plastic bag.
- ☐ Add 6 lamb chunks to bag, seal, and shake well.
- ☐ Place lamb pieces on a large baking sheet, and repeat until all lamb is dredged.
- ☐ Heat 1 tablespoon oil in a large Dutch oven for 2 minutes over high heat, add prosciutto, and brown 2 minutes; remove to baking sheet. Brown lamb in 3 batches in Dutch oven, allowing 2 to 3 minutes per side per batch and adding remaining oil as needed.
- ☐ Remove browned lamb chunks to baking sheet.
- ☐ Add onion and next 4 ingredients, and saut in drippings 2 minutes. Return lamb, prosciutto, and any loose dredging flour to Dutch oven; add wine, and bring to a boil.
- ☐ Transfer to lower third of oven, cover, and bake at 350 for 2 hours or until lamb is fork-tender.
- ☐ Remove bay leaves, and add more salt and pepper, if desired.
- ☐ Serve over warm, cooked rice.

☐

*For testing purposes, we used Uncle Ben's Converted Original. It tastes a lot like white rice but provides more nutrients.

Nutrition Facts



Properties

Glycemic Index:34.02, Glycemic Load:28.52, Inflammation Score:-10, Nutrition Score:30.395217505486%

Flavonoids

Petunidin: 2.49mg, Petunidin: 2.49mg, Petunidin: 2.49mg, Petunidin: 2.49mg Delphinidin: 3.13mg, Delphinidin: 3.13mg, Delphinidin: 3.13mg, Delphinidin: 3.13mg Malvidin: 19.68mg, Malvidin: 19.68mg, Malvidin: 19.68mg, Malvidin: 19.68mg Peonidin: 1.39mg, Peonidin: 1.39mg, Peonidin: 1.39mg, Peonidin: 1.39mg Catechin: 5.78mg, Catechin: 5.78mg, Catechin: 5.78mg, Catechin: 5.78mg Epicatechin: 7.99mg, Epicatechin: 7.99mg, Epicatechin: 7.99mg, Epicatechin: 7.99mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Isorhamnetin: 1.39mg, Isorhamnetin: 1.39mg, Isorhamnetin: 1.39mg, Isorhamnetin: 1.39mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 6.26mg, Quercetin: 6.26mg, Quercetin: 6.26mg, Quercetin: 6.26mg

Nutrients (% of daily need)

Calories: 558.94kcal (27.95%), Fat: 16.67g (25.64%), Saturated Fat: 4.58g (28.61%), Carbohydrates: 54.46g (18.15%), Net Carbohydrates: 50.86g (18.49%), Sugar: 4.85g (5.39%), Cholesterol: 88.2mg (29.4%), Sodium: 894.83mg (38.91%), Alcohol: 7.88g (100%), Alcohol %: 2.57% (100%), Protein: 32.95g (65.89%), Vitamin C: 107.95mg (130.85%), Vitamin A: 3222.25IU (64.45%), Selenium: 42.25µg (60.36%), Vitamin B12: 3.44µg (57.29%), Vitamin B3: 10.48mg (52.4%), Manganese: 0.84mg (42.04%), Zinc: 5.86mg (39.04%), Phosphorus: 359.24mg (35.92%), Vitamin B6: 0.66mg (33.15%), Vitamin B2: 0.48mg (28.3%), Vitamin B1: 0.37mg (24.7%), Folate: 90.53µg (22.63%), Iron: 3.87mg (21.51%), Potassium: 706.52mg (20.19%), Vitamin E: 2.83mg (18.87%), Vitamin B5: 1.82mg (18.2%), Magnesium: 64.76mg (16.19%), Copper: 0.32mg (16.14%), Fiber: 3.6g (14.41%), Vitamin K: 8.92µg (8.49%), Calcium: 44.76mg (4.48%)