

## Lamb Stew

2 lbs. lamb stew meat  
2 Tbs olive oil  
3 med onions, peeled and chopped  
3 med carrots peeled and thinly sliced  
4 med potatoes, peeled and cubed  
1 15-oz can beef broth  
1 Tbs butter  
1 Tbs all-purpose flour  
1-1/2 tsp minced fresh parsley  
1-1/2 tsp minced chives  
1/2 tsp minced fresh thyme  
salt and pepper to taste



- 1 In a Dutch oven, cook bacon over medium heat until crisp.
- 2 Using a slotted spoon, remove to paper towels, reserving drippings.
- 3 Cook onions in drippings until tender. Remove onions.
- 4 Brown meat in drippings on all sides over medium-high heat.
- 5 Return bacon and onions to pan along with the paprika, salt, caraway, garlic and half the peppers.
- 6 Add water. Bring to a boil. Reduce heat; cover and simmer for 1-1/2 hours.
- 7 Add additional water, if necessary.
- 8 Stir in potatoes and remaining peppers. Bring to a boil. Reduce heat; simmer for 20 minutes. Add tomatoes; simmer 10 minutes longer or until meat and vegetables are tender. Adjust seasoning, if necessary.
- 9 In a Dutch oven, brown meat in 1-tablespoon oil over medium heat until meat is no longer pink. Remove with a slotted spoon; set aside. Add the onions, carrots and remaining oil to pan. cook for 5 minutes or until onions are tender, stirring occasionally. Add the potatoes, broth, salt, pepper and lamb; Bring to a boil.
- 10 Remove from the heat. Cover and bake at 350° for 50-60 minutes or until meat and vegetables are tender.
- 11 With a slotted spoon, remove meat and vegetables to a large bowl; set aside and keep warm. Pour pan juices into another bowl; set aside.
- 12 In the Dutch oven, melt butter over medium heat. Stir in flour until smooth. Gradually whisk in pan juices. Bring to a boil; cook and stir for 2 minutes or until thickened. Stir in the parsley, chives, thyme, and meat and vegetables; heat through.

### Nutrition Facts

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Serving size: 1/6 of a recipe (17.3 ounces).

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information calculated from recipe ingredients. 3 of the recipe's ingredients were not linked. These ingredients are not included in the recipe nutrition data.

Amount Per Serving	
<b>Calories</b>	881.92
Calories from Fat (40%)	357.08
% Daily Value	
<b>Total Fat</b> 39.82g	61%
Saturated Fat 15.45g	77%
<b>Cholesterol</b> 107.46mg	36%
<b>Sodium</b> 1429.42mg	60%
<b>Potassium</b> 1406.99mg	40%
<b>Total Carbohydrates</b> 83.61g	28%
Fiber 5.95g	24%
Sugar 4.05g	
<b>Protein</b> 45.8g	92%