Guinness Irish Lamb Stew

BONELESS LAMB LEG, KABOB & STEW, SHOULDER, SOUPS & STEWS

Recipe provided by | Blue Bowl Recipes

INGREDIENTS

- 2 lbs American Lamb Stew Meat
- 3 tbsp all-purpose flour
- 1 and 1/2 tsp salt, divided
- 1/4 tsp pepper
- 2 tsp thyme, divided
- 3 stalks celery, diced
- 4 large carrots, rinsed and chopped
- 4 medium yukon gold potatoes, cubed
- 1 large onion, thinly sliced or diced
- 1 cup beef broth
- 1 cup Guinness

DIRECTIONS

Prep: Don't preheat the oven. The stew will be placed in the oven, and then you'll turn it on.

Make the stew: Add your veggies and garlic to a large dutch oven.

Toss the lamb stew meat with the flour, some salt and pepper to taste, and 1 tsp of thyme in a bowl. Add 1/3 of the meat to the bottom of the dutch oven, then 1/3 of the veggie mixture. Alternate this with the remaining meat and veggies. (The layers don't need to be perfect here!) Add the remaining salt, pepper, and thyme. Add the beef broth and guinness.

Place the covered dutch oven in your cold oven and then pre-heat it to 325° F. Bake for 1 and 1/2 to 2 hours, stirring at the one hour mark. The stew is done when it's saucy and the meat and veggies are nice and tender. Taste, and add extra seasoning if desired. Enjoy warm with soda bread!

Serve + Store: Store leftovers in an airtight container in the fridge for about 4-6 days.

Note: USDA recommends lamb be cooked to an internal temperature of 145F with a 3 minute rest.