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Low Sodium and Low Carb Lamb Stew

Serves 4

Ingredients:

- 1 lb. lamb shoulder, diced
- 1 qt water
- 1 qt chicken or lamb stock
- 4 oz. Guinness stout (optional)
- 1 sprig thyme
- 2 bay leaves
- sea salt and milled white pepper
- ¾ lb. fresh green beans, trimmed and cut into 1-inch pieces
- 1 (8oz) pkg. fresh mushrooms, sliced
- 2 medium white onions, cubed
- 2 large carrots, cubed
- 6 sticks of celery, cubed
- 1 bunch of fresh chopped parsley

Preparation:

1. Put the lamb into a large pot along with the cold water and place over a moderate heat until it begins to boil. Once it has begun to boil, empty the contents of the pot through a large colander allowing the liquid to run off. Rinse the lamb under cold running water until all the residue has been removed – now you have refreshed the lamb.
2. Place the pot over a moderate heat and add in the chicken/lamb stock with the Guinness stout, if using, and the refreshed diced lamb. Add the thyme, bay leaves and season with a little bit of salt and white pepper. Allow to simmer, uncovered, for 20 minutes until lamb becomes tender.
3. Now add the green beans, mushrooms, onions, carrots and celery, and continue to simmer, uncovered, for 10 minutes. (Keep the lid off the pot during the cooking process to allow water to evaporate for a more intense flavor.)
4. Add the freshly chopped parsley and serve in large bowls.



Food Fairy Note: Serve this amazing stew with plenty of fresh crusty bread to soak up all of its' amazing broth.

Adapted from: *Richie Wilson's Traditional Irish Stew*,
<http://blog.discoverireland.com/2011/03/2011/02/patricks-day-recipe/>