

Slow Cooker Irish Stew

This is a traditional Irish stew gone to the slow cooker for ease of preparation while the family is away at school and work. Chunky potatoes fill this hearty stew that will warm you up on a cold night. Look for cheaper cuts of lamb for stews like shanks and shoulder or leg chops that are meaty and flavourful.

3 lbs (1.5 kg) lamb leg or shoulder chops

1 tsp (5 mL) salt

1/2 tsp (2 mL) pepper

1/2 cup (125 mL) water

3 onions, chopped

2 large carrots, chopped

2 tbsp (25 mL) chopped fresh Italian parsley

1 tbsp (15 mL) dried thyme

2 cups (500 mL) beef or chicken stock

2 1/2 lbs (1.25 kg) round or long Ontario potatoes (about 8), peeled and cubed

2 tbsp (25 mL) butter, softened

2 tbsp (25 mL) all purpose flour

Sprinkle both sides of lamb chops with half of the salt and pepper. Brown lamb all over, in batches, in skillet over medium high heat. Place in slow cooker. Add water to skillet and bring to boil scraping up brown bits. Pour liquid into slow cooker.

Return skillet to medium heat and cook onions, carrots, parsley, thyme and remaining salt and pepper for about 8 minutes or until softened and beginning to turn golden. Scrape into slow cooker. Add stock and potatoes. Cover and cook on low for 8 hours or until lamb is tender and easily pulls away from the bone.

In small bowl, mash together butter and flour until well combined. Uncover slow cooker and stir butter mixture into stew and cook on high for 20 minutes or until slightly thickened.

Makes 6 servings.

Per serving: 600 calories, 39 g protein, 29 g fat, 46 g carbohydrates, 5 g fibre, 810 mg sodium, 1280 mg potassium

Excellent Source of Vitamin B12, Good Source of Vitamin B3, Source of Vitamins B1 and B2, Source of Vitamin C, Source of Iron, So

