

# My Favourite One-Pot Spring Vegetables Stew

Yield: 7 min  
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-veal-and-peas-recipe>

## Ingredients:

- 2 1/2 pounds veal young, or beef, cut in 2 inch cubes
- 3 tablespoons extra virgin olive oil
- 3 tablespoons butter
- 2 onions medium new, diced finely - for brunoise
- 1 carrot medium, cut in very small cubes for brunoise
- 1 celery stalk cut in small pieces for brunoise
- 4 garlic cloves minced finely for brunoise, remove inner green part
- 2 bay leaves
- 4 sprigs fresh parsley with stalk
- 1/3 cup white wine
- 3 cups vegetable stock
- 15 ounces baby carrots or young carrots cut in half then 2 lengthwise
- 10 pearl onions small, peeled and left whole
- 15 ounces peas young
- 2 turnips young, peeled and cut in medium size pieces
- 2 leeks medium, just the white part, sliced medium thin
- 7 russet potatoes medium, peeled and cut in medium size cubes
- 3 teaspoons chilli powder
- salt

## Nutrition:

1. Calories: 690 calories
2. Carbohydrate: 77 grams
3. Cholesterol: 140 milligrams
4. Fat: 24 grams
5. Fiber: 11 grams
6. Protein: 42 grams

7. SaturatedFat: 9 grams
  8. Sodium: 800 milligrams
  9. Sugar: 22 grams
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