

The Best Irish Stew for St. Patrick's Day

Yield: 9 min
Total Time: 130 min

Recipe from: <https://www.recipeschoose.com/recipes/st-patrick-s-day-cookie-recipe>

Ingredients:

- 2 tablespoons butter
- 1 onions large
- 3 pounds beef stew meat
- 3 tablespoons flour
- 2 teaspoons kosher salt
- 1 teaspoon cracked black pepper
- 6 carrots
- 1 turnips medium
- 4 russet potatoes large
- pepper
- kosher salt
- 3 tablespoons chopped parsley
- water

Nutrition:

1. Calories: 140 calories
2. Carbohydrate: 26 grams
3. Cholesterol: 5 milligrams
4. Fat: 2.5 grams
5. Fiber: 3 grams
6. Protein: 3 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 680 milligrams
9. Sugar: 4 grams

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