

Lamb Stew

Yield: 3 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/jamaican-brown-stew-lamb-recipe>

Ingredients:

- 1 tablespoon vegetable oil
- 1 1/8 pounds lamb cubed/no bone
- 1 yellow onion diced
- 1 garlic clove minced, optional
- 1 tablespoon all purpose flour
- 3/4 cup dark beer preferably Guinness
- 2 tablespoons tomato paste
- 1 cup water
- 1 cube beef stock
- 1 carrot peeled and sliced, optional
- 1 celery stalk sliced, optional
- 1 large potato optional
- 1 bay leaf
- 1 sprig thyme
- salt and ground black pepper

Nutrition:

1. Calories: 650 calories
2. Carbohydrate: 31 grams
3. Cholesterol: 120 milligrams
4. Fat: 43 grams
5. Fiber: 5 grams
6. Protein: 32 grams
7. SaturatedFat: 17 grams
8. Sodium: 220 milligrams
9. Sugar: 5 grams

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