

Hearty Lamb Stew

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Perfect for a chilly evening or long day of work, this hearty stew is full of chunky vegetables and juicy meat.

Ingredients:

2 tablespoons olive oil
¾ pound boneless lamb shoulder, cubed
½ medium onion, chopped
2 tablespoons all-purpose flour
1 teaspoon sea salt
½ teaspoon paprika
¼ teaspoon black pepper
1 cup sliced carrots
1 cup shredded green cabbage
2 cups beef broth
1 cup dark beer

Directions:

- 1) Heat oil in a large pot over medium; add lamb and cook until browned, stirring occasionally, about 5 minutes. Add onion and cook until golden, about 5 minutes, stirring.
- 2) Add flour, salt, paprika, and pepper; stir to mix well. Add remaining ingredients; bring to a boil over high heat.
- 3) Reduce to a simmer and cook until meat is very tender, about 45 minutes.