

# Chunky Lamb Stew

Printed from Lamb Recipes at <http://www.lambrecipes.org/>

*Canned stew has absolutely nothing on this amazingly rich, hearty (and deceptively easy) lamb version.*

## Ingredients:

- 1 pound lamb stew meat, cut into 1-inch cubes
- 1 tablespoon olive oil
- 1 large onion, chopped
- 3 medium carrots, chopped
- 2 large celery stalks, chopped
- 3 large potatoes, chopped
- 3 medium turnips, peeled, chopped
- 1 (15-ounce) can stewed tomatoes
- 1 (15-ounce) can beef broth
- 1 tablespoon soy sauce
- 1 teaspoon sugar
- ½ teaspoon sea salt
- 2 tablespoons all-purpose flour
- 2 tablespoons grated lemon zest
- 1 tablespoon chopped fresh parsley
- 1 (10-ounce) bag frozen green peas

## Directions:

- 1) Heat oil in a large pot over medium-high. Add lamb and brown on all sides, about 8 minutes. Remove from heat; set aside. Add onion, carrots, and celery to pot; cook until softened, about 5 minutes, stirring occasionally.
- 2) Add potatoes, turnips, tomatoes, broth, soy sauce, sugar, salt, and reserved lamb to pot. Bring to a boil over high heat; reduce to a simmer and cook until meat is tender, about 45 minutes.
- 3) In a small bowl, whisk flour, zest, and parsley with ¼ cup water. Add to lamb mixture, along with peas. Stir well to mix. Cook until peas are warm, about 10 minutes. Serve.