

# Savory Irish Stew

This hearty meal, filled with potatoes, onions and lean meat will fill you up.



This lighter version of traditional Irish stew features less meat and more vegetables, but it's still hearty and filling. It's sure to please your taste buds without expanding your waistline!

## Ingredients:

- |   |  |
|---|--|
| 1 Tablespoon olive oil  | 4 whole new red potatoes<br>(5 ounces each)          |
| 1 pound lean boneless lamb<br>(or boneless chuck), cut into<br>1 1/2-inch squares, each<br>1/2-inch thick | 10 ounces frozen pearl onions,<br>thawed             |
| 1 medium onion, chopped   | 2 large carrots, peeled and cut into<br>small chunks |
| 3 cups low-sodium chicken broth   | 1 cup sparkling apple cider                          |
| 1/2 teaspoon dried thyme,<br>crumbled   | 2 Tablespoons cornstarch                             |
| 1 bay leaf  | Chopped parsley                                      |
|   | Salt, if desired                                     |

## Preparation:

In a large heavy saucepan, heat the oil. Add the lamb or beef along with the chopped onion and cook over medium-high heat until well browned, 6 to 8 minutes.

Add broth and bring to a boil over medium heat. Add thyme, bay leaf and salt, if using; lower heat to low, and simmer for 1 hour.

Add potatoes, pearl onions, carrots and cider. Cover and simmer until potatoes are tender, about 30 to 40 minutes.

To thicken stew, add cornstarch to 1/4 cup cold water in a small bowl; stir until smooth. Add to simmering stew; stir gently until thickened. Garnish with parsley and serve warm.

## Nutrition Facts

Yield 4 servings

Amount Per Serving

**Calories** 415

**Fat** 10 g

**Saturated fat** 3 g

**Cholesterol** 73 mg

**Protein** 31 g

**Carbohydrates** 50 g

**Fiber** 6 g

**Sodium** 191 mg

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