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Everything HERBAL

by Cheryl Jabz

Faith • Herbs • Health

Made with
Herbs
and
Irish Tradition



IRISH LAMB STEW



Hearty • Comforting • Full of Irish Tradition

INGREDIENTS

- 2 lbs lamb stew meat, cut into 1-inch pieces
- 2 Tbsp olive oil
- 1 large onion, chopped
- 3 garlic cloves, minced
- 3 carrots, peeled and cut into chunks
- 3 potatoes, peeled and cut into chunks
- 2 celery stalks, sliced
- 4 cups beef or lamb broth
- 1 (14.5 oz) can diced tomatoes
- 2 Tbsp tomato paste
- 1 cup red wine (optional)
- 2 tsp Worcestershire sauce
- 2 bay leaves
- 1 tsp dried thyme
- 1 tsp dried rosemary
- 1 tsp dried parsley
- ½ tsp dried oregano
- Salt and black pepper to taste
- 2 Tbsp all-purpose flour (optional, for thickening)
- Fresh chopped parsley for garnish

DIRECTIONS

1. **Brown the Lamb:** In a large pot or Dutch oven, heat olive oil over medium-high heat. Add lamb in batches and brown on all sides. Remove and set aside.
2. **Sauté Aromatics:** In the same pot, add onion and cook until softened, about 5 minutes. Add garlic and cook 1 more minute.
3. **Build the Stew:** Return lamb to the pot. Add carrots, potatoes, celery, broth, diced tomatoes, tomato paste, red wine (if using), Worcestershire sauce, bay leaves, thyme, rosemary, parsley, oregano, salt and pepper. Stir well.
4. **Simmer:** Bring to a boil, then reduce heat to low. Cover and simmer for 1½ to 2 hours, or until lamb is tender.
5. **Thicken (Optional):** If you prefer a thicker stew, mix flour with 2 Tbsp cold water to make a slurry. Stir into stew and cook 5–10 more minutes until thickened.
6. **Finish & Serve:** Remove bay leaves. Taste and adjust seasoning. Garnish with fresh parsley and serve hot with crusty Irish soda bread.

Luke 11:42 (KJV)

“...ye tithe
mint and rue
and all manner
of herbs...”

MADE WITH SIMPLE INGREDIENTS



LAMB



CARROTS



POTATOES



ONION



GARLIC



CELERY



HERBS & SPICES



NATURAL INGREDIENTS



FAITH INSPIRED



HERBAL LIVING



MADE WITH LOVE

Everything
HERBAL

by Cheryl Jabz

www.EverythingHerbalbyCherylJabz.com



Classic Irish comfort food made with tender lamb and wholesome vegetables.



Slow-simmered for rich, deep flavor.



Perfect for family dinners, St. Patrick's Day, or any cozy night in.



Serve with Irish soda bread or crusty whole grain bread.

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