

Simply Delicious Lamb Irish Stew

Number of Servings: 6

Prep Time: 15 minutes

Cook Time: 30-40 minutes

Ingredients

3 lbs Lamb stewing meat* or cubed shoulder chops

1 Tbsp olive oil or ghee

2 chopped medium size onions

2 Tbsp sweet rice flour or tapioca starch

3 cups chicken broth

1-1/2 tsp Herbs de Provence or 1 tsp dried rosemary

1/2 tsp sea salt

1/4 tsp pepper or a few cranks from a pepper mill

3 carrots chopped

3 celery stalks chopped

1-1/2 to 2lbs baby potatoes cut in half or if you can't find baby potatoes use regular medium size potato, my favourite is red or Yukon yellow and cut into fourths

2 stalks green onion for garnish (optional)

More salt & pepper to taste

*Add 10 extra minutes for frozen stewing meat :)

Instructions

Turn Instant Pot onto Saute mode

Add oil or ghee and let it get hot, then add chopped onions. Saute until the onions start to get nice and brown. Now add the sweet rice flour and coat well cooking for about a minute to soften the flour.

Add the broth to the onion/flour and scrape up all the yummy bits from the bottom of the pot.

Add all the seasonings, meat, carrot and celery.

Put the lid on and cook at high pressure for 30 minutes.

Let rest for 10 minutes before releasing pressure. Remove lid and add potatoes. Cook again at high pressure for 6 minutes.

Let rest for about 5 minutes before releasing pressure. Add green onion if using and adjust seasoning if needed.

This is a lovely brothy stew so serve in a bowl with some crusty gluten-free baguette to sop up all the goodness.

Enjoy!