

# Irish Stew

Notes

2 lbs ..... Lamb  
2 ..... Red Potatoes  
2 ..... Yukon Potatoes  
1 ½ cups ... Flour  
3 ..... Onions  
4 ..... Carrots  
14 oz ..... Beef Broth  
2 tbsp ..... Parsley  
Salt n Pepper (to taste)

1. Trim fat from Lamb and cut into cubes and flour.
2. Heat Large Pot and brown meat, season with Salt n Pepper.
3. Cut Potatoes, Onions, Carrots and Parsley. Place in Pot.
4. Add Beef Broth to pot and Cover.
5. Simmer for 1 ½ - 2 hours (DO NOT STIR).