

Hearty Lamb Stew

A comforting lamb stew simmered with vegetables and aromatic herbs, perfect for a cozy meal. Tender lamb pieces and root vegetables meld together in a rich, flavorful broth.


75 min

Total time

Medium

Difficulty

450

kcal / serving

Ingredients

- 150g lamb shoulder, cut into cubes
- 1 small carrot, diced
- 1 small potato, diced
- 1/4 onion, chopped
- 1 clove garlic, minced
- 1/2 cup beef or vegetable broth
- 1 tbsp olive oil
- 1/4 tsp dried thyme
- 1/4 tsp dried rosemary
- Salt and pepper to taste
- 1 tbsp tomato paste
- Fresh parsley for garnish

Steps

- 1 Heat olive oil in a pot over medium heat.
- 2 Add chopped onion and garlic; sauté until soft and fragrant.
- 3 Add lamb cubes, season with salt and pepper, and brown on all sides.
- 4 Stir in tomato paste, thyme, and rosemary.
- 5 Add diced carrot and potato, then pour in broth.
- 6 Bring to a boil, then reduce heat and simmer covered for 1 hour or until lamb is tender.
- 7 Adjust seasoning with salt and pepper.
- 8 Garnish with fresh parsley and serve warm.