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# Irish Stew

*Mark Stephens, Kitty Stephens*

*St Therese de Lisieux Commemorative Cookbook - Wellington, FL - 2010*

Servings: 4

**5 medium potatoes**

**2 leeks**

**2 medium onions**

**2 large carrots**

**6 thick loin lamb chops, trimmed and cubed**

**1 tablespoon thyme**

**1 tablespoon parsley**

Rough chop the potatoes and other vegetables into a large dice. Make a layer of the vegetables on the bottom of a thick pot or saucepan. Place the deboned meat over the vegetables. Continue to layer, alternating vegetables and meat. The top layer should end with potatoes.

Pour water and stock up 3/4 of the meat and vegetables. Simmer gently for two hours.

Remove the meat and vegetables to a warm casserole dish. Reduce the liquid by half to thicken. Finish by adding thyme and parsley.

Serve at once.

**Soups, Chili, Stew**

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*Per Serving (excluding unknown items): 187 Calories; 1g Fat (2.4% calories from fat); 5g Protein; 43g Carbohydrate; 6g Dietary Fiber; 0mg Cholesterol; 33mg Sodium. Exchanges: 2 Grain(Starch); 3 Vegetable; 0 Fat.*