





Low-Cal Irish Beef Stew with Garlic-Parsley Gremolata

 20-30min  2 Servings

A hearty bowl of stew is exactly the kind of hug-in-a-bowl we dream about during the weekday whirlwind. Well, dreams do come true, and the proof is in this simplified, yummified, quick-take on Irish beef stew. Scrimping on time but not quality, it's full of beef, potatoes, carrots, and topped with fresh parsley! We've got you covered!

WHAT WE SEND

- 1 yellow onion
- 1 carrot
- 2 potatoes
- 1 pkg beef strips
- 1 pkt turkey broth concentrate
- ¼ oz fresh parsley

WHAT YOU NEED

- garlic
- olive oil
- butter ⁷
- kosher salt & ground pepper
- all-purpose flour (or gluten-free alternative)

TOOLS

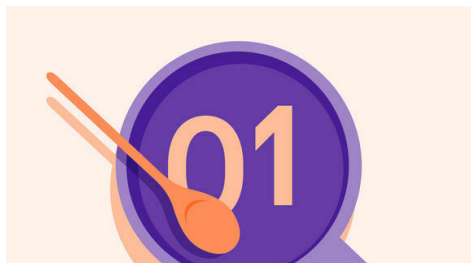
- medium Dutch oven or pot

ALLERGENS

Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 500kcal, Fat 18g, Carbs 62g, Protein 24g

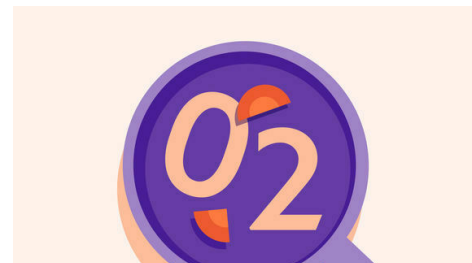


1. Prep veggies

Halve **onion** and cut into ½-inch pieces. Scrub and trim ends from **carrots**; cut crosswise into ½-inch rounds.

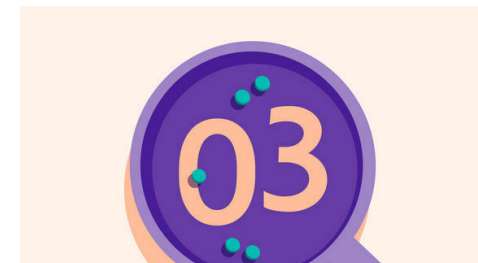
Finely chop **2 teaspoons garlic**.

Scrub **potatoes**, then cut into ½-inch pieces.



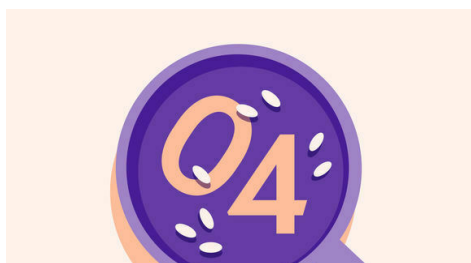
2. Brown beef

Pat **beef strips** dry. Heat **1 tablespoon oil** in a medium Dutch oven or pot over high. Add beef and cook, without stirring, until well browned on the bottom, about 3 minutes. Stir and continue to cook until cooked through, about 2 more minutes. Transfer to a plate.



3. Sauté aromatics

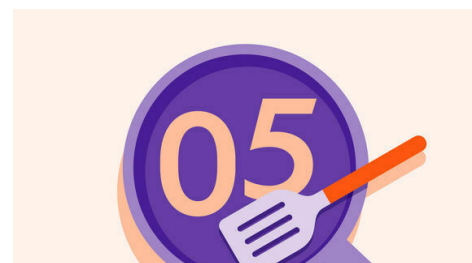
Melt **1 tablespoon butter** in same pot over medium-high heat. Add **onions, carrots, and a pinch each of salt and pepper**. Cook, stirring occasionally, until veggies are just tender and browned in spots, about 3 minutes. Stir in **1 teaspoon of the chopped garlic** and **1½ tablespoons flour**; cook, stirring, until fragrant, about 1 minute.



4. Add potatoes & broth

Add **potatoes, broth concentrate, and 2 cups water** to pot with **veggies**. Cover and bring to a boil, then reduce heat to medium. Cook, partially covered, until potatoes are tender and broth is flavorful, 5–6 minutes.

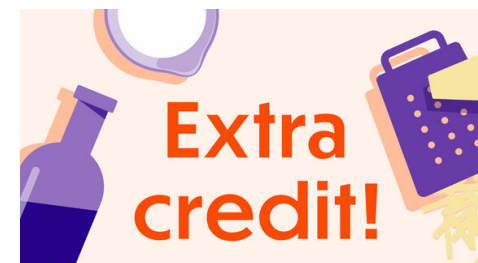
Add **beef and any resting juices**; cook until warm and cooked through, 1–2 minutes. Off heat, season to taste with **salt and pepper**.



5. Make gremolata & serve

Meanwhile, finely chop **parsley leaves and stems**. Place in a small bowl with **remaining chopped garlic**; stir to combine. If **stew** is too thick, stir in **1 tablespoon hot tap water** at a time, as needed.

Serve **Irish beef stew** with **garlic-parsley gremolata** sprinkled over top. Enjoy!



6. Carbo-load!

Sop up every last drop of broth with a side of crusty bread!