DINNERLY

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!

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WHAT WE SEND
- 1 yellow onion
- 3 oz carrots
- 2 potatoes
- ½ lb pkg sirloin steak
- 1 pkt turkey broth concentrate
- ¼ oz fresh parsley

WHAT YOU NEED
- garlic
- olive oil
- butter [1]
- kosher salt & ground pepper
- all-purpose flour (or gluten-free alternative)

TOOLS
- medium Dutch oven or pot

ALLERGENS
Milk (1). 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 **steak** dry and thinly slice. 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**.
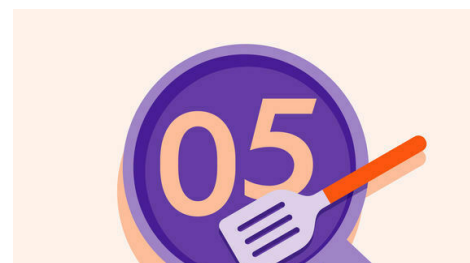
5. Make gremolata & serve

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!
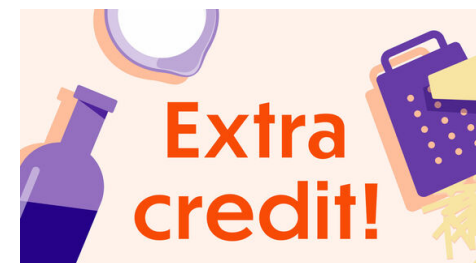
6. Carbo-load!

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