

# DINNERLY



## 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 medium red onion
- garlic (use 2 large cloves)
- 2 carrots
- 12 oz red potatoes
- ½ lb beef strips <sup>3</sup>
- 1 pkt beef broth concentrate
- ¼ oz fresh parsley

### WHAT YOU NEED

- olive oil
- butter <sup>1</sup>
- kosher salt & ground pepper
- all-purpose flour <sup>2</sup>

### TOOLS

- medium Dutch oven or pot with lid

### ALLERGENS

Milk (1), Wheat (2), Soy (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

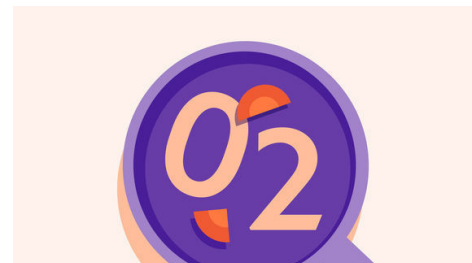
### NUTRITION PER SERVING

Calories 610kcal, Fat 31g, Carbs 55g, Protein 30g



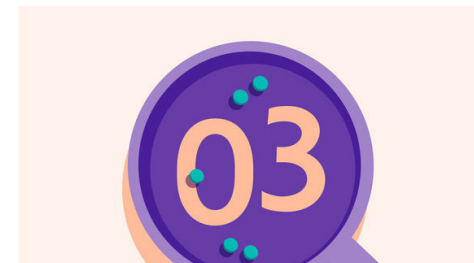
#### 1. Prep ingredients

Halve **onion**, peel, and cut into ½-inch pieces. Peel and finely chop **2 teaspoons garlic**. Scrub **carrots** (no need to peel), then trim ends; cut carrots into ½-inch rounds. Scrub **potatoes**, then cut into ½-inch pieces.



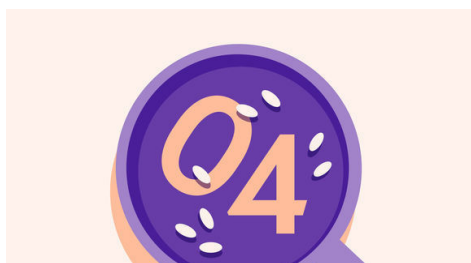
#### 2. Brown beef

Heat **1 tablespoon oil** in a medium Dutch oven or other pot with a lid over high. Add **beef** and cook until browned in spots, 3–4 minutes (beef may not be cooked through). Transfer to a plate and return pot to stovetop.



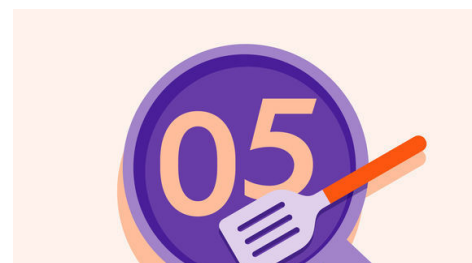
#### 3. Sauté aromatics

Melt **1 tablespoon butter** in same pot over medium-high. 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 garlic** and **1½ tablespoons flour**; cook, stirring, until fragrant, about 1 minute.



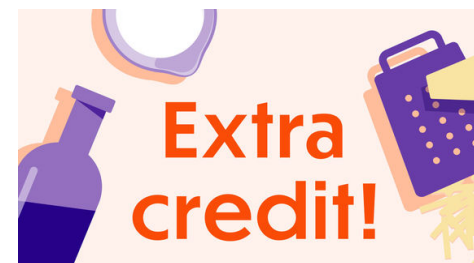
#### 4. Add broth

Add **potatoes, broth concentrate**, and **2 cups water** to pot. 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. Return **beef and any juices** to pot. Cook until beef is warmed through, 1–2 minutes. Remove pot from heat. Season to taste with **salt and pepper**.



#### 5. Prep gremolata & serve

Meanwhile, finely chop **parsley leaves and stems** together with **remaining 1 teaspoon chopped garlic**. If **Irish beef stew** seems too thick, stir in **1 tablespoon hot water** at a time, as needed. Serve with **garlic-parsley mixture** sprinkled over top. Enjoy!



#### 6. Carbo load!

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