

## Lamb Stew

3 med	slices bacon, cut into 1/4 -inch pieces	1 med	green bell pepper sliced tin
1 med	red onions, thinly sliced	1 med	red bell pepper sliced tin
2 lbs.	lamb stew meat, cut into 1-inch cubes	1 cup	vegetable broth
2 Tbs	Hungarian paprika	3 med	potatoes, peeled and cut into 1/2 inch pieces
1 tsp	caraway seeds	1 large	tomato, sliced
2 cloves	garlic minced		Salt and black pepper to taste

- 1In a Dutch oven, cook bacon over medium heat until crisp.
- 2Using a slotted spoon, remove to paper towels, reserving drippings.
- 3Cook onions in drippings until tender. Remove onions.
- 4Brown meat in drippings on all sides over medium-high heat.
- 5Return bacon and onions to pan along with the paprika, salt, caraway, garlic and half the peppers.
- 6Add water. Bring to a boil. Reduce heat; cover and simmer for 1-1/2 hours.
- 7Add additional water, if necessary.
- 8Stir in potatoes and remaining peppers. Bring to a boil. Reduce heat; simmer for 20 minutes. Add tomatoes; simmer 10 minutes longer or until meat and vegetables are tender. Adjust seasoning, if necessary.

Servings: 6

Yield: 6

### Degree of Difficulty

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### Cooking Times

Preparation Time: 25 minutes

Cooking Time: 2 hours

Total Time: 2 hours and 25 minutes

### Nutrition Facts:

Serving size: 1/6 of a recipe (15.9 ounces).

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information calculated from recipe ingredients

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Amount Per Serving	
<b>Calories</b>	496.37
Calories From Fat (52%)	257.6
% Daily Value	
<b>Total Fat</b> 28.6g	<b>44%</b>
Saturated Fat 11.41g	<b>57%</b>
<b>Cholesterol</b> 113.84mg	<b>38%</b>
<b>Sodium</b> 368.16mg	<b>15%</b>
<b>Potassium</b> 1145.63mg	<b>33%</b>
<b>Total Carbohydrates</b> 25.55g	<b>9%</b>
Fiber 4.99g	<b>20%</b>
Sugar 5.41g	
<b>Protein</b> 34.06g	<b>68%</b>