

Pamela's Irish Lamb Stew

2 - 3 lbs (1 - 1½ kg) Lamb Stew Pieces
1 pint (500 mls) Water or Beef Stock
1 Large Onion Chopped
2 Large Carrots cut into slices
8 - 10 oz (250 gms) Fresh String Beans (approx. 30)
1- 1½ lbs (500 -750 gms) Potatoes (3 - 4 quartered)
½ t Salt
¼ t Pepper

In an oven proof dish with lid, place the lamb stew pieces on the bottom of the dish. On top of the lamb the chopped onion, followed by carrots and the string beans and then the quartered potatoes. Shake in the salt and pepper to taste and pour over the water. Pop the lid on and place in a 350°F (180°C) oven for approximately 1½ to 2 hours.