



Mother O'Flannigan's Irish Stew



Where service *and savings* matter.

SERVINGS: 8

INGREDIENTS:

NUTRITIONALS

Nutritional analysis per serving:
calories 440, calories from fat 130,
total fat 14g, saturated fat 4g, trans
fat 0g, cholesterol 70mg, sodium
570mg, total carbohydrate 51g,
dietary fiber 6g, sugars 8g, protein
28g, vitamin A 120%, vitamin C
45%, calcium 6%, iron 30%

- 2 lbs pre-cut cubes of stew meat, 1 to 1½-inch pieces
- 2 Tbsp canola oil, divided
- 1 large onion, cut into chunks
- 1 rib of celery, finely chopped (about ½ cup)
- 4 carrots, peeled and cut into chunks
- 1 medium potato, peeled and cut into chunks
- 8 oz can tomato sauce
- 1 Tbsp sugar
- 1 Tbsp all-purpose flour
- 1 tsp thyme
- 1 tsp salt
- ½ tsp ground black pepper
- ¼ tsp granulated garlic
- 2 whole bay leaves
- 8 baking potatoes

DIRECTIONS:

1. Preheat the oven to 325° F.
2. Heat 1 tbsp. oil over medium high heat in a frying pan. Brown the meat in 4-5 small batches, adding the extra oil as needed.
3. Transfer the meat to a 2-quart casserole dish when browned.
4. Reduce the heat to medium-low and cook the onions in the frying pan for about five minutes.
5. Add to the casserole dish.
6. Put the celery, carrots, and potatoes over the meat.
7. In a medium bowl, mix together the tomato sauce, sugar, flour, thyme, salt, pepper, and granulated garlic. Pour over the meat and vegetables along with the bay leaves.
8. Mix well. Cover tightly and bake for 2 to 2 ½ hours, or until meat and vegetables are tender.
9. Put 8 baking potatoes in the oven for the last 1 to 1½ hours of baking time.
10. Remove bay leaves before serving and top baked potatoes with stew.

Source: penzeys.com

visit unitedtexas.com for more recipe ideas

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Shopping List

PRODUCE:

- 1 large onion
- 1 rib of celery
- 4 carrots
- 9 potatoes

MEAT/POULTRY/SEAFOOD:

- 2 lbs chuck roast

SPICES/SEASONINGS:

- Thyme
- Salt
- Ground black pepper
- Granulated garlic
- Bay leaves

GROCERY/FROZEN/ MISCELLANEOUS:

- Canola oil
- 8 oz can Food Club Tomato Sauce
- Sugar
- All-purpose flour

FOLD