

St Patty's Day Irish Stew



TOTAL TIME

45 mins



COURSE

Dinner



SERVINGS

6 servings

CALORIES

196 kcal

INGREDIENTS

- 1 Tbsp olive oil
- 1 onion chopped
- 3 cloves garlic minced
- 2 stalks celery sliced
- 2 medium carrots sliced
- 1 lb baby potatoes halved
- 2 c vegetable broth
- 1 can (14.5oz) diced tomatoes
- 1 tsp dried thyme
- 1 tsp dried rosemary
- 1 bay leaf
- salt & pepper to taste
- ½ head green cabbage chopped
- 1 can (15oz) chickpeas drained & rinsed
- 1 Tbsp cornstarch mixed with 1Tbsp water
- Chopped fresh parsley (garnish)

INSTRUCTIONS

1. In a large pot or Dutch oven, heat the olive oil over medium heat. Add the onion and garlic and sauté until softened, about 5 minutes.
2. Add the celery, carrots, and baby potatoes to the pot and stir to combine. Pour in the vegetable broth and diced tomatoes with their juices. Add the thyme, rosemary, bay leaf, salt, and pepper.
3. Bring the mixture to a boil, then reduce the heat and let it simmer for 20-25 minutes or until the vegetables are tender.
4. Add the chopped cabbage and chickpeas to the pot and stir to combine. Cook for another 5 minutes or until the cabbage is wilted.
5. In a small bowl, mix together the cornstarch and water. Add the mixture to the pot and stir until the stew thickens slightly.
6. Remove the bay leaf from the stew and serve hot, garnished with chopped parsley.

NUTRITION

| Nutrition Facts | |
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| St Patty's Day Irish Stew | |
| Amount Per Serving | |
| Calories 196 | Calories from Fat 27 |
| % Daily Value* | |
| Fat 3g | 5% |
| Carbohydrates 36g | 12% |
| Protein 8g | 16% |
| * Percent Daily Values are based on a 2000 calorie diet. | |



Tried this recipe?
Let us know how it was!