

Pressure Cooker Irish Stew

Ingredients

- 1.5 cup beef broth (I like to mix beef and vegetable broth)
- 1.5 cup Guinness or other dark stout (you can use more broth instead)
- 2 pounds boneless lamb or stew beef, trim off extra fat and cube into about 1 inch pieces
- 12 small red potatoes, wash well and cut in half or quarters if larger (no need to peel)
- 14 ounce can diced tomatoes (I like the fire roasted but your choice)
- 1 chopped onion
- 3-4 carrots, sliced into half inch rounds
- 2-3 parsnips, sliced into half inch rounds (don't like parsnips just use more carrots)
- 1-2 small turnips, sliced in half and into half inch strips
- 1-2 bay leaves
- 1 teaspoon salt (more or less to preference)
- 1 teaspoon black pepper (more or less to preference)
- 1 teaspoon minced garlic (fresh or jarred)
- 4 tablespoons all-purpose flour
- 16 ounce bag frozen peas
- 1/4 cup chopped fresh parsley

Instructions

1. Sprinkle lamb cubes (or stew beef) with salt, pepper, and garlic. Mix well to cover all pieces. Set aside to come to room temperature.
2. Wash and slice potatoes, carrots, onion, parsnips, and turnips. Peeling any of these is optional. With a good scrubbing, there is no reason to peel unless your preference.
3. Place broth, stout or extra broth into the pressure cooker liner.
4. Add the lamb (or stew beef), potatoes, carrots, onion, parsnips, turnips, and tomatoes to liner.
5. Gently mix with large spoon.
6. Add bay leaf (or leaves)
7. Lock lid in place and make sure vent button is turned to the closed position.
8. Set pressure cooker to manual, high setting for 20 minutes.
9. When timer has counted down, allow to natural release pressure for 10 minutes before opening vent to release remaining pressure. Make sure to place a dish towel over the vent to protect your cabinets and fingers.
10. When pressure has been released - and the pin has dropped indicating it is safe to open pressure cooker, remove the lid and turn the heat setting to saute.
11. While the stew is coming up to a boil, place flour and 1.2 cup water into a covered dish or jar and shake to combine (no lumps!). Pour into stew and gently stir until the stew thickens.
12. Just before serving, toss in bag of frozen peas and chopped parsley.

Notes

Recipe Notes *10 Weight Watchers PointsPlus *10 Weight Watchers SmartPoints

*PointsPlus® and SmartPoints® as calculated by Simply Sherryl. This site is not endorsed by Weight Watchers International, Inc. All SmartPoints® values have been calculated without Weight Watchers Zero Points fruits and vegetables. Points were calculated using the Weight Watcher Recipe Builder.