

Hearty Herb-Infused Meat & Veggie Stew

Serves: 6 | Prep Time: 15 minutes | Cook Time: 45 minutes | Total Time: 1 hour

Warm up with this nourishing, herb-infused stew, perfect for a cozy night in. Made with tender chunks of lamb or beef, this stew is loaded with vibrant vegetables like carrots, parsnips, butternut squash, and mushrooms, all simmered to perfection in a rich stock. The addition of fresh or dried herbs enhances the natural flavors, making this a wholesome, comforting meal that's easy to prepare and full of nutrients. Ideal for meal-prepping or serving a crowd, this stew will become a go-to favorite in your kitchen.

1 tablespoon avocado oil
1 large onion, chopped
2-3 cloves garlic, minced or grated
4 cups (1 litre) stock, broth, or strained tomatoes
2 teaspoons Himalayan or sea salt
1 teaspoon ground turmeric
2 pounds (900 grams) stew meat such as beef or lamb
4 carrots
2 parsnips
3 cups (300 grams) butternut squash, peeled and cubed
3 cups (200 grams) button mushrooms, halved
3 tablespoons fresh herbs (or 1 tablespoon dried)

1. Heat the avocado oil in a stock pot or pressure cooker and sauté the onions for about 5 minutes until translucent. Add the garlic and sauté for 1-2 minutes until fragrant.
2. Add the liquid of choice to the pot along with the salt and ground turmeric.
3. Add the remaining ingredients. If using a stock pot, bring ingredients to a boil, then reduce heat to a simmer and cover. Cook for 30 minutes or until everything is tender. If using a pressure cooker set for 30 minutes on high pressure.
4. Serve and enjoy!

Vegetarian Variation:

Replace the stewing meat with 1 cup of washed red, green or brown lentils. Add an additional cup of water as lentils will soak up a lot of liquid. Optionally squeeze a wedge of fresh lemon juice into each bowl of stew before serving.



Serving Suggestion: Serve this hearty stew with a side of crusty gluten-free bread or a simple green salad for a complete meal. For added comfort, pair it with mashed potatoes or cauliflower rice to soak up the rich broth. Garnish with a sprinkle of fresh herbs for an extra burst of flavor. Enjoy it piping hot, and let the flavors deepen as the stew sits—it's even better the next day!