GLOBAL · DINNER · LUNCH

Carnivore Beef and Lamb Stew

95 min · Serves 6 · 374 kcal a serve · Video 9:39 · Ketogenic Woman

Carnivore · Gluten-free ingredients · Dairy-free · Nut-free

Beef and lamb slow-cooked in bone broth give about 43 g protein per serve, more than a day's vitamin B12 and most of a day's zinc, with nothing added but salt and a little tallow.

Diet notes: Low carb (0.2 g net carbs) but not keto: 52% of the energy is from fat, and keto meals get about 60% or more.

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Ingredients 5 · SERVES 6

- ☐ 1½ lb cubed **beef stewing meat**
- ☐ 1 lb cubed **lamb shoulder** (a fatty cut)
- ☐ about 2 tsp **sea salt**
- ☐ 2 tbsp **beef tallow** ("a couple of scoops")
- ☐ about 2 cups **bone broth** (or water)

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Contains: none of the common allergens in the listed ingredients. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Pat the beef and lamb dry and season with the salt. 1:20
2. Melt the tallow on the sauté setting of a pressure cooker (or in a heavy pot). Brown the lamb on all sides and lift it out, then brown the beef in the rendered fat. 1:47
3. Return the lamb, pour in the bone broth and seal the lid. 4:40
4. Pressure cook on the meat/stew setting for 40–45 minutes, then let the pressure release naturally for 10 minutes. (Slow cooker: 6–8 hours; covered pot on the stove: about 2½ hours.) 6:44
5. Taste the broth, add salt if needed, and serve the meat in bowls with plenty of the broth. 8:28

> **Tip** Serves 6 (our estimate, from 2½ lb of meat). The lamb is optional: use all beef if you prefer. Extra broth makes a good base for soup. Keeps 4 days in the fridge or 3 months frozen.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
374 kcal	**44 g**	**0.2 g**	**0 g**	**22 g**	**970 mg**
1,560 kJ	88% of a day	0.2 g net · 0 g sugars	0% of a day	9.4 g saturated	42% of a day
		0% of a day		28% of a day	

Energy from net carbs 0% · protein 47% · fat 53% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Vitamin B12 161% · Zinc 92% · Selenium 82% · Vitamin B6 31% · Iron 21%

Source of (10–19%) Omega-3 15% · Potassium 10%

Recipe and video: Ketogenic Woman (@KetogenicWoman) on YouTube — youtube.com/watch?v=P4Lr3GzMmU8, published 12 March 2021. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/carnivore-beef-and-lamb-stew