**Irish Stew**

**Ingredients**

**2 ½ lb boned mutton**

**4 large potatoes**

**2 large onions**

**3 or 4 medium carrots**

**Spring of parsley**

**2 cups water**

**Salt and pepper**

**Cooking Directions:**

**Cut the meat and the peeled vegetables into large sized chunks and chop the parsley. Choose a pot with a lid and put in the ingredients. Add the cold water and season to taste. Cover and put on a low heat for about two and half hours until the meat is tender and the potatoes have thickened the liquid. Lamb can be used instead of mutton, in which case it requires only one and half hours to cook.**