



## Barley Soup with Duck Confit and Root Vegetables

 Dairy Free

READY IN



1500 min.

SERVINGS



6

CALORIES



242 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1 cup carrots peeled quartered
- ☐ 2 duck confit legs
- ☐ 1 teaspoon thyme sprigs fresh chopped
- ☐ 1 garlic clove finely chopped
- ☐ 24 fl. oz. chicken broth reduced-sodium
- ☐ 1.8 cups parsnips peeled quartered

- ☐ 0.5 cup quick-cooking barley
- ☐ 0.8 teaspoon salt
- ☐ 7 cups water

## Equipment


- ☐ bowl
- ☐ sauce pan
- ☐ pot
- ☐ sieve

## Directions

- ☐ Simmer barley in 4 cups water, uncovered, in a 5- to 6-quart heavy pot, until almost tender, 20 to 40 minutes.
- ☐ Drain in a sieve.
- ☐ Remove skin and any fat from duck legs. Cook skin and fat in a 1- to 1 1/2-quart heavy saucepan over low heat, stirring occasionally, until fat is rendered, about 8 minutes, then strain through a fine-mesh sieve into a small bowl, discarding skin. Reserve fat.
- ☐ While fat is rendering, remove duck meat from bones, reserving bones, and shred meat into small pieces.
- ☐ Heat 1 tablespoon duck fat (reserving any remainder for another use) in cleaned 5- to 6-quart pot over moderately high heat until hot but not smoking, then sauté carrots and parsnips, stirring frequently, until just golden, about 8 minutes.
- ☐ Add garlic and cook, stirring, 1 minute.
- ☐ Stir in broth, parboiled barley, salt, pepper, duck bones, and remaining 3 cups water and bring to a boil. Reduce heat and simmer, uncovered, stirring occasionally, until vegetables and barley are tender, 15 to 20 minutes. Discard bones and stir in shredded duck meat. Skim any excess fat from top of soup, then stir in thyme. Season with salt and pepper.
- ☐ \*Available at [dartagnan.com](http://dartagnan.com).
- ☐ Soup can be made 4 days ahead. Cool to room temperature, uncovered, then chill, covered (excess fat will be easier to remove when soup is cold). Reheat before serving.

## Nutrition Facts



 PROTEIN **32.99%**  FAT **28.17%**  CARBS **38.84%**

Properties

Glycemic Index:34.31, Glycemic Load:3.39, Inflammation Score:-10, Nutrition Score:12.966521698496%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 241.5kcal (12.07%), Fat: 7.64g (11.75%), Saturated Fat: 1.99g (12.45%), Carbohydrates: 23.7g (7.9%), Net Carbohydrates: 18.52g (6.73%), Sugar: 3.17g (3.52%), Cholesterol: 65.55mg (21.85%), Sodium: 423.45mg (18.41%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 20.12g (40.24%), Vitamin A: 3583.95IU (71.68%), Vitamin B3: 6.2mg (30.99%), Selenium: 19.61µg (28.02%), Manganese: 0.49mg (24.68%), Fiber: 5.18g (20.71%), Iron: 2.23mg (12.4%), Copper: 0.24mg (11.77%), Vitamin K: 12.06µg (11.48%), Vitamin C: 9.41mg (11.4%), Phosphorus: 108.58mg (10.86%), Potassium: 367.33mg (10.5%), Folate: 34.06µg (8.51%), Magnesium: 31.73mg (7.93%), Vitamin B6: 0.13mg (6.36%), Vitamin B1: 0.08mg (5.47%), Zinc: 0.79mg (5.3%), Vitamin B2: 0.09mg (5.21%), Vitamin E: 0.72mg (4.82%), Calcium: 47.4mg (4.74%), Vitamin B5: 0.34mg (3.43%), Vitamin B12: 0.12µg (1.97%)