



Burgoo



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



751 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 pounds beef shanks
- ☐ 2 cups cabbage shredded
- ☐ 28 ounce canned tomatoes whole undrained canned
- ☐ 3 large carrots thinly sliced
- ☐ 5 pound stewing hen
- ☐ 1 bunch parsley fresh chopped
- ☐ 2 pasilla peppers green seeded chopped
- ☐ 2 pounds breast of lamb

- ☐ 1 cup lima beans *soaked overnight
- ☐ 3 large onions chopped
- ☐ 2 pepper pods red hot
- ☐ 2 pounds pork shank
- ☐ 3 large potatoes diced peeled
- ☐ 0.5 teaspoon bell pepper red
- ☐ 1 tablespoon salt
- ☐ 2 pounds veal shanks
- ☐ 2 gallons water
- ☐ 17 ounce kernel corn whole drained canned
- ☐ 1 tablespoon worcestershire sauce

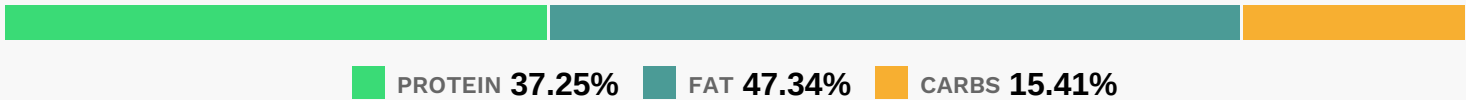
Equipment

- ☐ bowl
- ☐ ladle
- ☐ pot

Directions

- ☐ Combine chicken, pork, veal, beef, lamb, and water in a large stock pot; bring to a boil. Reduce heat; cover and simmer 2 hours or until meat is tender.
- ☐ Remove meat from broth; cool slightly.
- ☐ Remove meat from bones, discarding bones. Coarsely chop meat, and set aside.
- ☐ Skim off and discard fat from surface of broth.
- ☐ Combine broth, meat, and remaining ingredients in stock pot. Bring to a boil. Reduce heat; simmer, uncovered, 4 1/2 hours or until thickened, stirring occasionally. Discard pepper pods.
- ☐ Ladle stew into individual serving bowls; serve hot.

Nutrition Facts



Properties

Glycemic Index:23.57, Glycemic Load:11.78, Inflammation Score:-10, Nutrition Score:44.843043607214%

Flavonoids

Apigenin: 7.69mg, Apigenin: 7.69mg, Apigenin: 7.69mg, Apigenin: 7.69mg Luteolin: 0.86mg, Luteolin: 0.86mg, Luteolin: 0.86mg, Luteolin: 0.86mg Isorhamnetin: 1.41mg, Isorhamnetin: 1.41mg, Isorhamnetin: 1.41mg, Isorhamnetin: 1.41mg Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg Quercetin: 6.62mg, Quercetin: 6.62mg, Quercetin: 6.62mg, Quercetin: 6.62mg

Nutrients (% of daily need)

Calories: 751.38kcal (37.57%), Fat: 38.95g (59.92%), Saturated Fat: 13g (81.27%), Carbohydrates: 28.53g (9.51%), Net Carbohydrates: 23.48g (8.54%), Sugar: 6.3g (7%), Cholesterol: 277.77mg (92.59%), Sodium: 847.53mg (36.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 68.95g (137.9%), Vitamin B3: 23.24mg (116.2%), Vitamin B6: 1.64mg (82.08%), Vitamin K: 78.44µg (74.7%), Vitamin C: 61.57mg (74.63%), Selenium: 51.2µg (73.15%), Phosphorus: 697.61mg (69.76%), Zinc: 10.23mg (68.23%), Vitamin A: 3357.23IU (67.14%), Vitamin B12: 3.97µg (66.18%), Vitamin B2: 0.88mg (51.82%), Potassium: 1673.1mg (47.8%), Vitamin B1: 0.7mg (46.95%), Iron: 5.71mg (31.72%), Vitamin B5: 2.99mg (29.94%), Copper: 0.59mg (29.52%), Magnesium: 115.63mg (28.91%), Manganese: 0.44mg (22.18%), Folate: 87.26µg (21.82%), Fiber: 5.05g (20.19%), Vitamin E: 1.75mg (11.67%), Calcium: 114.86mg (11.49%), Vitamin D: 0.23µg (1.51%)