



Cassoulet

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



507 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 60 ounce great northern beans organic drained canned
- ☐ 1.5 tablespoons canola oil
- ☐ 0.3 cup breadcrumbs dry
- ☐ 48 ounce duck confit legs
- ☐ 2 cups fat-skimmed beef broth fat-free
- ☐ 3 garlic clove minced
- ☐ 0.8 pound leg of lamb boneless trimmed cut into (1-inch) cubes

- ☐ 1.5 cups onion chopped
- ☐ 0.3 cup salt
- ☐ 8 ounces ground sausage italian cooked diagonally sliced
- ☐ 4 bacon thick-cut sliced ()
- ☐ 0.3 cup tomato purée
- ☐ 2 cups water

Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ slotted spoon
- ☐ dutch oven

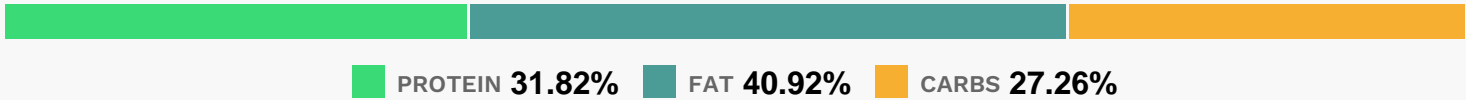
Directions

- ☐ Rub salt evenly over duck; cover and refrigerate 30 minutes.
- ☐ Heat oil in a large Dutch oven over medium heat.
- ☐ Add bacon to pan; cook 7 minutes or until crisp, stirring occasionally.
- ☐ Remove bacon from pan using a slotted spoon; set aside. Increase heat to medium-high.
- ☐ Add lamb to drippings in pan; cook 8 minutes, turning to brown on all sides.
- ☐ Remove lamb from pan, and set aside.
- ☐ Preheat oven to 30
- ☐ Rinse duck with cold water; pat dry with paper towels.
- ☐ Add half of duck, skin side down, to pan; cook over medium heat 15 minutes or until golden brown. Turn duck over, and cook 10 minutes or until browned and fat under skin is melted.
- ☐ Remove duck from pan. Repeat procedure with remaining duck, reserving 1 tablespoon duck fat; set duck aside.
- ☐ Add onion and pepper to pan; cook 7 minutes or until lightly browned, stirring occasionally. Stir in tomato puree and garlic; cook 1 minute. Return lamb to pan. Nestle duck into lamb mixture; add broth and 2 cups water. Cover and bake at 300 for 2 1/2 hours or until lamb and

duck are very tender.

- ☐ Remove duck from pan; let stand until tepid.
- ☐ Remove skin from duck; discard.
- ☐ Cut duck legs in half through the joint. Return duck to lamb mixture. Taste and adjust seasoning, if desired.
- ☐ Increase oven temperature to 37
- ☐ Stir 2 cans of beans into lamb mixture.
- ☐ Add bacon, sausage, and duck; top mixture with remaining 2 cans of beans.
- ☐ Sprinkle breadcrumbs evenly over top. Cover and cook 1 hour and 10 minutes. Uncover and cook an additional 20 minutes or until browned and bubbly.
- ☐ Wine note: Traditionally, a rustic red from the south of France wine with the requisite meatiness and earthiness to mirror the duck and beans is served with cassoulet. I love the Perrin & Fils Gigondas "La Gille" 2005 (Gigondas, France), \$28, which is seductively earthy and has wonderful flavors of cherry jam. Karen MacNeil

Nutrition Facts



Properties

Glycemic Index:9.75, Glycemic Load:0.52, Inflammation Score:-5, Nutrition Score:17.949130384818%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.3mg, Quercetin: 4.3mg, Quercetin: 4.3mg, Quercetin: 4.3mg

Nutrients (% of daily need)

Calories: 506.84kcal (25.34%), Fat: 22.93g (35.28%), Saturated Fat: 6.68g (41.74%), Carbohydrates: 34.38g (11.46%), Net Carbohydrates: 26.86g (9.77%), Sugar: 1.32g (1.46%), Cholesterol: 122.91mg (40.97%), Sodium: 2853.83mg (124.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.12g (80.25%), Selenium: 35.82µg (51.17%), Vitamin B3: 7.85mg (39.24%), Manganese: 0.68mg (33.93%), Folate: 127.65µg (31.91%), Fiber: 7.52g (30.07%), Phosphorus: 288.44mg (28.84%), Vitamin B1: 0.4mg (26.98%), Iron: 4.79mg (26.6%), Magnesium: 86.51mg (21.63%), Potassium: 693.7mg (19.82%), Vitamin B6: 0.32mg (15.88%), Copper: 0.32mg (15.84%), Zinc: 2.2mg (14.67%), Vitamin B12: 0.8µg (13.3%), Vitamin B2: 0.2mg (11.7%), Calcium: 103.42mg (10.34%), Vitamin B5: 0.8mg (7.97%), Vitamin C: 5.69mg (6.89%), Vitamin E: 0.51mg (3.41%), Vitamin K: 1.74µg (1.66%)