



Chef John's Sausage, Zucchini, & Potato Stew



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



6

CALORIES



367 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 0.5 cup cherry tomatoes sweet (such as 100)
- ☐ 1 tablespoon chives fresh chopped
- ☐ 3 sprigs thyme leaves fresh
- ☐ 1 onion chopped
- ☐ 1 pinch salt
- ☐ 6 servings salt and pepper black freshly ground to taste
- ☐ 1 pound spicy sausage smoked sliced

- ☐ 1 quart vegetable broth
- ☐ 1.5 pounds yukon gold potatoes cut into 2-inch pieces
- ☐ 6 zucchinis cut into 2-inch pieces

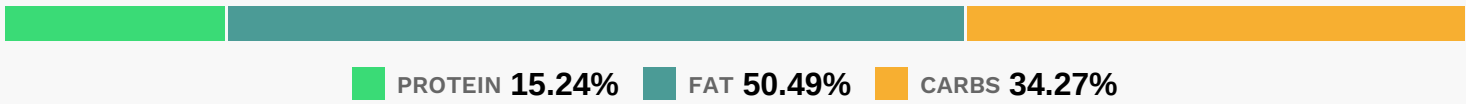
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ Cook sausage in a large pot over medium heat until fat begins to render from sausage, about 3 minutes. If pan is too dry, drizzle olive oil over sausage and cook until sausage is browned, about 5 more minutes. Stir onion and a pinch of salt into sausage; cook until onion is translucent, about 5 minutes.
- ☐ Stir zucchinis and potatoes into sausage; pour in vegetable broth and water. Stir bay leaf, thyme sprigs, salt, and black pepper into mixture; bring to a boil. Reduce heat to low and simmer until stew is thickened and vegetables are tender, 45 minutes to 1 hour.
- ☐ Turn off heat and stir chives into stew. Adjust salt and black pepper to taste. Stir in cherry tomatoes; serve in large shallow bowls.

Nutrition Facts



Properties

Glycemic Index:48.79, Glycemic Load:16.45, Inflammation Score:-9, Nutrition Score:20.250000082928%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg Kaempferol: 1.08mg, Kaempferol: 1.08mg, Kaempferol: 1.08mg, Kaempferol: 1.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.92mg, Quercetin: 5.92mg, Quercetin: 5.92mg, Quercetin: 5.92mg

Nutrients (% of daily need)

Calories: 366.6kcal (18.33%), Fat: 20.86g (32.09%), Saturated Fat: 7.17g (44.81%), Carbohydrates: 31.85g (10.62%), Net Carbohydrates: 26.89g (9.78%), Sugar: 8.22g (9.14%), Cholesterol: 53.68mg (17.89%), Sodium: 1303.11mg (56.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.16g (28.32%), Vitamin C: 62.71mg (76.01%), Vitamin B6: 0.82mg (40.87%), Potassium: 1191.63mg (34.05%), Manganese: 0.61mg (30.48%), Vitamin B1: 0.39mg (25.94%), Vitamin B3: 4.62mg (23.1%), Phosphorus: 229.8mg (22.98%), Vitamin B2: 0.36mg (21.17%), Fiber: 4.97g (19.86%), Vitamin B12: 1.14µg (19.03%), Magnesium: 74.59mg (18.65%), Folate: 74.1µg (18.53%), Zinc: 2.61mg (17.42%), Vitamin A: 838.41IU (16.77%), Selenium: 10.8µg (15.43%), Copper: 0.29mg (14.66%), Iron: 2.6mg (14.45%), Vitamin K: 12.23µg (11.65%), Vitamin B5: 1.11mg (11.12%), Calcium: 58.91mg (5.89%), Vitamin D: 0.83µg (5.54%), Vitamin E: 0.32mg (2.15%)