



## Chicken and Andouille Sausage Ragù

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



878 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 medium carrots diced peeled
- 1 pound mild chicken sausage smoked fully cooked cut into 1/2-inch-thick rounds
- 9 strips. with skin and bones ( 4 pounds), well trimmed
- 1 cup wine dry white
- 0.5 cup marjoram fresh chopped (from 2 large bunches)
- 6 garlic clove minced
- 1 teaspoon lemon zest grated
- 2 cups chicken broth

- 2 tablespoons olive oil
- 2 large onion chopped
- 6 servings soup noodles with parsley butter
- 0.3 teaspoon pepper dried red crushed
- 29 ounce tomatoes diced canned

## Equipment

- bowl
- knife
- pot
- slotted spoon

## Directions

- Place chicken thighs, skin side down, on work surface. Using sharp knife, cut each thigh lengthwise along each side of bone, forming 2 pieces of meat (some meat may remain on bones); reserve bones.
- Heat oil in heavy large pot over medium-high heat.
- Sprinkle chicken and bones with salt and pepper. Working in batches, sauté in pot until brown, about 6 minutes per batch.
- Transfer to bowl.
- Add sausage to pot and sauté until brown, about 5 minutes. Using slotted spoon, transfer to bowl with chicken.
- Add carrots and onions to pot and sauté until onions are tender and golden, about 10 minutes. Stir in 1/4 cup marjoram, garlic, lemon peel, and crushed red pepper; sauté 2 minutes.
- Add wine and boil until reduced by half, about 3 minutes. Stir in tomatoes with juices and broth; bring to boil.
- Add chicken, bones, sausage, and any accumulated juices from bowl. Reduce heat, cover, and simmer until chicken is cooked through, about 35 minutes.
- Using slotted spoon, transfer chicken and sausage to bowl; discard bones. Boil liquid in pot until reduced to 3 cups, about 20 minutes. Stir in remaining 1/4 cup marjoram. Season to taste with salt and pepper. Return chicken and sausage to pot. (Can be made 1 day ahead. Cool

slightly. Refrigerate uncovered until cold, then cover and keep refrigerated. Rewarm over medium heat before serving.) Spoon ragù over Campanelle Pasta with Parsley Butter.

## Nutrition Facts

PROTEIN 23.46% FAT 47.5% CARBS 29.04%

### Properties

Glycemic Index:32.14, Glycemic Load:19.27, Inflammation Score:-10, Nutrition Score:31.939565072889%

### Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 4.69mg, Apigenin: 4.69mg, Apigenin: 4.69mg, Apigenin: 4.69mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg Quercetin: 10.97mg, Quercetin: 10.97mg, Quercetin: 10.97mg, Quercetin: 10.97mg

### Nutrients (% of daily need)

Calories: 878.24kcal (43.91%), Fat: 45.14g (69.45%), Saturated Fat: 10.82g (67.6%), Carbohydrates: 62.07g (20.69%), Net Carbohydrates: 57.01g (20.73%), Sugar: 9.78g (10.87%), Cholesterol: 219.48mg (73.16%), Sodium: 1155.04mg (50.22%), Alcohol: 4.12g (100%), Alcohol %: 0.81% (100%), Protein: 50.17g (100.34%), Vitamin A: 5863.38IU (117.27%), Selenium: 67.99µg (97.13%), Vitamin B3: 11.34mg (56.69%), Vitamin B6: 0.98mg (49.22%), Vitamin K: 50.46µg (48.05%), Phosphorus: 461.8mg (46.18%), Manganese: 0.86mg (42.81%), Potassium: 1022.85mg (29.22%), Vitamin C: 23.55mg (28.54%), Iron: 4.53mg (25.19%), Vitamin B2: 0.4mg (23.53%), Vitamin B5: 2.32mg (23.16%), Magnesium: 92.41mg (23.1%), Zinc: 3.45mg (22.98%), Copper: 0.43mg (21.56%), Fiber: 5.07g (20.26%), Vitamin B12: 1.16µg (19.39%), Vitamin B1: 0.29mg (19.39%), Vitamin E: 2.28mg (15.23%), Folate: 45.27µg (11.32%), Calcium: 105.3mg (10.53%), Vitamin D: 0.17µg (1.13%)