



HEALTH SCORE

57%

Chorizo and Gigante Bean Cassoulet



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



808 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 fillet anchovy packed in oil, drained, chopped
- ☐ 2 bay leaves
- ☐ 28 ounce canned tomatoes whole with your hands crushed drained canned
- ☐ 2 cups coarse breadcrumbs fresh white (from three)
- ☐ 3 cups lima beans *soaked overnight dried
- ☐ 0.5 cup flat-leaf parsley chopped
- ☐ 5 garlic cloves thinly sliced
- ☐ 8 servings kosher salt and pepper black freshly ground

- ☐ 1 leek white cut into 1/4"-thick rounds (and pale-green parts only)
- ☐ 1 teaspoon lemon zest finely grated
- ☐ 3 cups low-salt chicken broth
- ☐ 6 tablespoons olive oil extra-virgin divided
- ☐ 2 sprigs rosemary
- ☐ 2 pounds mild sausage links to package directions and coin fresh italian spanish hot
- ☐ 1.5 teaspoons paprika smoked
- ☐ 7 sprigs thyme leaves
- ☐ 1 tablespoon tomato paste
- ☐ 1 small onion yellow finely chopped

Equipment

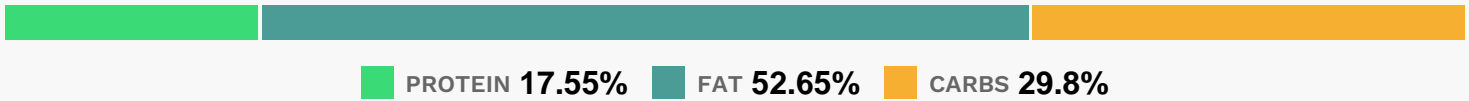
- ☐ frying pan
- ☐ oven
- ☐ pot

Directions

- ☐ Place beans in a large pot and cover with water by 3". Bring to a boil; boil for 2 minutes.
- ☐ Remove from heat, cover, and let stand for 1 hour.
- ☐ Drain beans.
- ☐ Add fresh water to cover by 3". Bring to a boil; reduce heat to medium and simmer, uncovered, until beans are just tender but not mushy, 1 1/2-2 hours (time will vary depending on size and age of beans).
- ☐ Drain, reserving 1 cup bean broth.
- ☐ Preheat oven to 450°F.
- ☐ Heat 2 tablespoons oil in a large heavy pot over medium heat.
- ☐ Add chorizo and cook, turning occasionally, until golden all over, 7-8 minutes.
- ☐ Transfer chorizo to a plate and set aside.

- ☐ Place 2 tablespoons oil, leek, and onion in same pot. Season with salt and pepper; cook, stirring occasionally, until vegetables are softened and light golden, about 5 minutes.
- ☐ Add garlic and anchovies; stir 1 minute to break down anchovies.
- ☐ Add tomato paste and paprika; stir constantly until paste is caramelized, about 2 minutes.
- ☐ Add reserved 1 cup bean broth, beans, chicken broth, and next 4 ingredients; bring to a boil.
- ☐ Cover and bake until beans are very tender, about 30 minutes.
- ☐ Add chorizo (and any accumulated juices) to pot, pressing to submerge.
- ☐ Bake until liquid is reduced and slightly thickened, 40–45 minutes longer.
- ☐ Meanwhile, heat 3 tablespoons oil in a large skillet.
- ☐ Add bread- crumbs and cook, stirring often, until golden and crisp, about 10 minutes. Season with salt and pepper.
- ☐ Sprinkle breadcrumbs over beans and drizzle with remaining 3 tablespoons oil.
- ☐ Bake cassoulet until breadcrumbs are browned and liquid is bubbling, about 15 minutes.
- ☐ Let sit for 15 minutes.
- ☐ Sprinkle parsley and lemon zest over just before serving.

Nutrition Facts



Properties

Glycemic Index:62.06, Glycemic Load:15.41, Inflammation Score:-10, Nutrition Score:41.115217374719%

Flavonoids

Apigenin: 8.11mg, Apigenin: 8.11mg, Apigenin: 8.11mg, Apigenin: 8.11mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg

Nutrients (% of daily need)

Calories: 807.58kcal (40.38%), Fat: 47.94g (73.75%), Saturated Fat: 14.68g (91.74%), Carbohydrates: 61.06g (20.35%), Net Carbohydrates: 45.32g (16.48%), Sugar: 11.9g (13.23%), Cholesterol: 87.08mg (29.03%), Sodium: 1075.09mg (46.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.95g (71.89%), Vitamin K: 83.1µg

(79.14%), Manganese: 1.58mg (78.78%), Folate: 313.78µg (78.45%), Vitamin B1: 1.14mg (75.71%), Fiber: 15.74g (62.97%), Potassium: 1920.87mg (54.88%), Selenium: 37.24µg (53.21%), Iron: 9.15mg (50.83%), Phosphorus: 507.11mg (50.71%), Magnesium: 199.31mg (49.83%), Vitamin B6: 0.93mg (46.61%), Copper: 0.87mg (43.65%), Vitamin B3: 8.12mg (40.59%), Zinc: 4.54mg (30.26%), Vitamin B2: 0.46mg (26.95%), Vitamin C: 21.14mg (25.63%), Vitamin E: 3.6mg (23.98%), Vitamin A: 975.66IU (19.51%), Vitamin B5: 1.9mg (18.99%), Vitamin B12: 1.13µg (18.83%), Calcium: 161.38mg (16.14%)