



Duck and Sausage Cassoulet



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



590 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 1 pound boston butt pork shoulder boneless trimmed cut into 1 1/2-inch pieces (Boston butt)
- ☐ 14 ounce canned tomatoes whole drained chopped canned
- ☐ 1 tablespoon canola oil
- ☐ 0.5 pound carrots thinly sliced
- ☐ 1 celery stalk
- ☐ 0.8 pound mild chicken sausage

- ☐ 1.5 pounds .5 can cannellini beans dried
- ☐ 2.5 pounds duck confit legs
- ☐ 8 cups less-sodium chicken broth fat-free divided
- ☐ 2 flat-leaf parsley sprigs fresh
- ☐ 4 garlic cloves minced
- ☐ 0.5 teaspoon kosher salt divided
- ☐ 2.5 cups onion finely chopped (2 medium)
- ☐ 1 thyme sprig
- ☐ 2 cups water
- ☐ 1 ounce bread white

Equipment

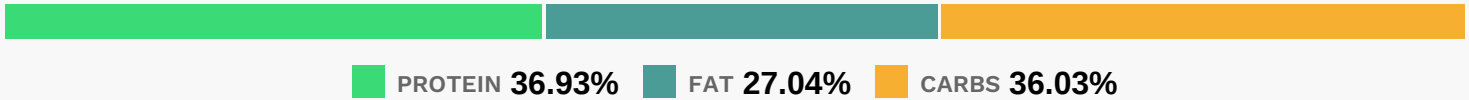
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ dutch oven
- ☐ kitchen twine

Directions

- ☐ Sort and wash beans; place in a large bowl. Cover with water to 2 inches above beans; cover and let stand 8 hours.
- ☐ Drain beans.
- ☐ Sprinkle pork with 1/4 teaspoon salt and 1/4 teaspoon pepper.
- ☐ Heat oil in a large Dutch oven over medium-high heat.
- ☐ Add pork to pan; cook 6 minutes or until browned, turning occasionally.
- ☐ Remove pork from pan; reduce heat to medium.

- ☐ Add onion and carrot to pan; cook 8 minutes or until lightly browned, stirring occasionally.
- ☐ Add garlic and tomatoes; cook 2 minutes, stirring occasionally. Tie twine around parsley, celery, thyme, and bay leaf to secure.
- ☐ Add pork, beans, 4 cups broth, 2 cups water, and herb bundle to pan. Bring to a simmer; cook, covered, for 2 hours or until beans are tender. Stir in remaining 1/4 teaspoon salt and 1/4 teaspoon black pepper. Cool bean mixture to room temperature; cover and chill overnight.
- ☐ Preheat oven to 40
- ☐ Arrange duck confit legs in a 13 x 9inch baking dish.
- ☐ Bake at 400 for 15 minutes or until thoroughly heated.
- ☐ Remove skin and meat from bones; shred meat into large pieces. Discard skin and bones.
- ☐ Reduce oven temperature to 32
- ☐ Bring bean mixture to a simmer over medium-low heat; stir in duck. Bring remaining 4 cups broth to a simmer in a medium saucepan; pour evenly over bean mixture.
- ☐ Bake at 325 for 2 hours. Reduce oven to temperature to 27
- ☐ Heat a large skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add sausage to pan; cook 6 minutes or until browned, turning occasionally. Cool slightly; cut into 1-inch pieces. Stir bean mixture; add sausage pieces.
- ☐ Place bread in a food processor; pulse 10 times or until coarse crumbs measure 1/2 cup.
- ☐ Sprinkle breadcrumbs evenly over cassoulet.
- ☐ Bake at 275 for 1 1/2 hours.
- ☐ Let stand 20 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:35.76, Glycemic Load:3.48, Inflammation Score:-10, Nutrition Score:36.099130630493%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Apigenin: 0.45mg, Apigenin: 0.45mg, Apigenin: 0.45mg,

Apigenin: 0.45mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 2.63mg, Kaempferol: 2.63mg, Kaempferol: 2.63mg, Kaempferol: 2.63mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 8.19mg, Quercetin: 8.19mg, Quercetin: 8.19mg, Quercetin: 8.19mg

Nutrients (% of daily need)

Calories: 589.6kcal (29.48%), Fat: 17.87g (27.49%), Saturated Fat: 4.13g (25.84%), Carbohydrates: 53.57g (17.86%), Net Carbohydrates: 41.02g (14.92%), Sugar: 6.8g (7.56%), Cholesterol: 140.43mg (46.81%), Sodium: 1414.68mg (61.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 54.9g (109.81%), Vitamin A: 4019.77IU (80.4%), Manganese: 1.46mg (72.91%), Folate: 286.59µg (71.65%), Selenium: 42.76µg (61.09%), Iron: 10.51mg (58.37%), Vitamin B3: 11.11mg (55.57%), Fiber: 12.56g (50.23%), Potassium: 1706.79mg (48.77%), Vitamin B1: 0.68mg (45.53%), Copper: 0.85mg (42.7%), Magnesium: 159.57mg (39.89%), Phosphorus: 366.41mg (36.64%), Vitamin B6: 0.73mg (36.34%), Zinc: 3.7mg (24.65%), Vitamin B2: 0.4mg (23.66%), Calcium: 222.75mg (22.27%), Vitamin B5: 1.41mg (14.09%), Vitamin K: 13.65µg (13%), Vitamin B12: 0.76µg (12.63%), Vitamin C: 10.42mg (12.63%), Vitamin E: 1.09mg (7.26%)