



Garbure (French Ham and Vegetable Stew)

READY IN



570 min.

SERVINGS



6

CALORIES



439 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 6 ounce country bread toasted
- ☐ 1 tablespoon butter softened
- ☐ 1 large carrots cubed
- ☐ 4 cups no-salt-added chicken stock
- ☐ 1.5 tablespoons cider vinegar
- ☐ 4 ounces cannellini beans dried
- ☐ 0.3 cup flat-leaf parsley fresh chopped

- ☐ 2 tablespoons thyme leaves fresh chopped
- ☐ 1 garlic clove halved
- ☐ 4 garlic cloves chopped
- ☐ 8 ounces cross-cut ham hock smoked
- ☐ 0.5 teaspoon herbs de provence dried
- ☐ 0.5 teaspoon kosher salt
- ☐ 1.5 cups leek thinly sliced (1 large)
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 1 cup onion chopped
- ☐ 6 ounces potatoes red cubed
- ☐ 4 cups savoy cabbage thinly sliced
- ☐ 6 ounces turnip cubed

Equipment

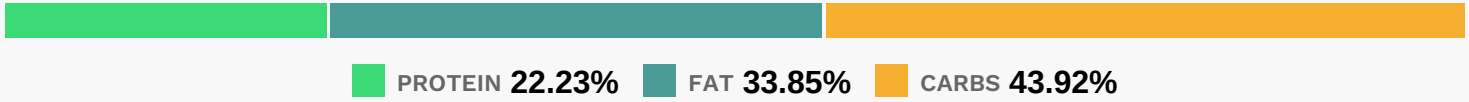
- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Sort and wash beans.
- ☐ Place in a large Dutch oven. Cover with water to 2 inches above beans. Cover and let stand for 8 hours or overnight.
- ☐ Drain.
- ☐ Heat oil in a large Dutch oven over medium heat; swirl to coat.
- ☐ Add onion. Cover and cook 8 minutes or until tender, stirring occasionally.
- ☐ Add leek and chopped garlic; cook 2 minutes, stirring occasionally.
- ☐ Add soaked beans, stock, herbes de Provence, ham hocks, and bay leaf. Bring to a boil. Cover, reduce heat, and simmer 1 hour or until beans are just tender.
- ☐ Remove ham hock; cool slightly. Pick meat from bones; reserve meat. Discard bones and fat.

- ☐
- Add potatoes, turnip, and carrot to pan; cook 10 minutes or until tender. Stir in cabbage; simmer 4 minutes. Stir in parsley, thyme, vinegar, salt, and black pepper.
- ☐
- Rub toast slices with cut sides of garlic clove; spread evenly with butter.
- ☐
- Serve toast with soup.

Nutrition Facts



Properties

Glycemic Index:88.08, Glycemic Load:10.86, Inflammation Score:-10, Nutrition Score:27.096956494386%

Flavonoids

Apigenin: 5.77mg, Apigenin: 5.77mg, Apigenin: 5.77mg, Apigenin: 5.77mg Luteolin: 1.19mg, Luteolin: 1.19mg, Luteolin: 1.19mg, Luteolin: 1.19mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg Quercetin: 5.86mg, Quercetin: 5.86mg, Quercetin: 5.86mg, Quercetin: 5.86mg

Nutrients (% of daily need)

Calories: 438.7kcal (21.93%), Fat: 16.66g (25.63%), Saturated Fat: 5.58g (34.86%), Carbohydrates: 48.64g (16.21%), Net Carbohydrates: 39.52g (14.37%), Sugar: 9.71g (10.79%), Cholesterol: 51.02mg (17.01%), Sodium: 722.14mg (31.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.61g (49.23%), Vitamin K: 92.26µg (87.87%), Vitamin A: 3235.28IU (64.71%), Manganese: 1.05mg (52.62%), Folate: 196.75µg (49.19%), Vitamin C: 37.48mg (45.43%), Fiber: 9.12g (36.48%), Potassium: 1061.12mg (30.32%), Vitamin B1: 0.41mg (27.03%), Vitamin B3: 5.4mg (27%), Iron: 4.79mg (26.64%), Vitamin B6: 0.52mg (25.95%), Phosphorus: 237.58mg (23.76%), Magnesium: 92.84mg (23.21%), Copper: 0.45mg (22.38%), Selenium: 15.65µg (22.35%), Vitamin B2: 0.32mg (18.94%), Calcium: 152.61mg (15.26%), Zinc: 1.46mg (9.75%), Vitamin B5: 0.8mg (7.99%), Vitamin E: 0.94mg (6.28%)