



Hunter's Stew



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



1284 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 teaspoons pepper black
- ☐ 0.5 pound button mushrooms quartered
- ☐ 3 cups cabernet dry red divided
- ☐ 1 cup carrots chopped
- ☐ 1 cup celery chopped
- ☐ 0.8 pound skin-on chicken drumsticks
- ☐ 0.8 pound chicken thighs
- ☐ 2 cups croutons crisp

- ☐ 1 pound navy beans dried
- ☐ 1.5 teaspoons thyme leaves dried
- ☐ 5.8 pound dressed domestic duck fresh thawed
- ☐ 0.5 cup flat-leaf parsley fresh chopped
- ☐ 14.3 ounce less-sodium beef broth fat-free canned
- ☐ 2 cups onion chopped
- ☐ 2 tablespoons red wine vinegar
- ☐ 2.5 cups rutabaga peeled chopped (1-inch)
- ☐ 1.5 teaspoons salt
- ☐ 1.5 teaspoons summer savory dried
- ☐ 9 ounces turkey and duck sausages smoked sweet italian (such as Gerhard's)
- ☐ 11 cups water divided
- ☐ 3 cups yukon gold potatoes red cubed (1-inch)

Equipment

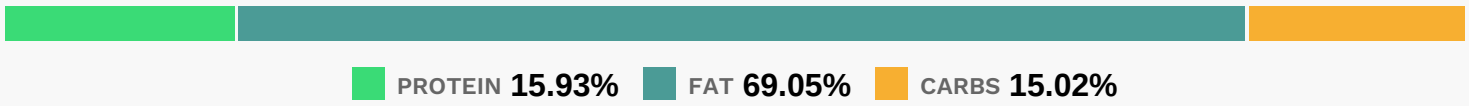
- ☐ frying pan
- ☐ pot
- ☐ dutch oven

Directions

- ☐ Sort and wash beans, and place in a large Dutch oven. Cover with water to 2 inches above beans, and bring to a boil. Cook 2 minutes.
- ☐ Remove from heat. Cover and let stand 1 hour.
- ☐ Drain the beans, and place beans in pan.
- ☐ Add 8 cups water; bring to a boil. Cover and cook 1 hour or until just slightly firm.
- ☐ Drain and set aside.
- ☐ Place 3 cups water in a large stockpot; bring to a boil.
- ☐ Add rutabaga, and cook 5 minutes.

- ☐ Add the potato, mushrooms, onion, carrot, and celery, and return to a boil. Reduce heat; simmer 15 minutes or until crisp-tender. Set aside (do not drain).
- ☐ Remove and discard giblets and neck from duck. Rinse duck with cold water; pat dry. Trim excess fat.
- ☐ Cut duck into 8 pieces.
- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add duck pieces; saut 5 minutes on each side or until well browned.
- ☐ Remove from pan.
- ☐ Add chicken pieces; saut 5 minutes on each side or until well browned.
- ☐ Remove from pan.
- ☐ Add sausage; saut 10 minutes, browning on all sides.
- ☐ Remove from pan, and let cool. Slice sausage into 18 (1-inch) pieces.
- ☐ Carefully add 1/4 cup wine, scraping pan to loosen browned bits, and add pan drippings to stockpot with vegetables.
- ☐ Add the beans, duck, chicken, sausage, 2 3/4 cups wine, chopped parsley, vinegar, savory, thyme, salt, pepper, and broth, and bring to a boil. Reduce heat, and simmer 30 minutes. Cover stew, and chill 8 to 24 hours.
- ☐ Skim solidified fat from surface; discard. Reheat over medium heat; stirring often to prevent scorching. Bring to a boil. Reduce heat, and simmer 10 minutes.
- ☐ Sprinkle stew with Crisp Croutons, and garnish with parsley sprigs, if desired.
- ☐ Totals include Crisp Croutons

Nutrition Facts



Properties

Glycemic Index:35.8, Glycemic Load:12.47, Inflammation Score:-10, Nutrition Score:42.957391448643%

Flavonoids

Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg

4.62mg, Catechin: 4.62mg Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg
Apigenin: 6.75mg, Apigenin: 6.75mg, Apigenin: 6.75mg, Apigenin: 6.75mg Luteolin: 0.16mg, Luteolin: 0.16mg,
Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 1.35mg, Isorhamnetin: 1.35mg, Isorhamnetin: 1.35mg, Isorhamnetin:
1.35mg Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg Myricetin: 1.17mg,
Myricetin: 1.17mg, Myricetin: 1.17mg, Myricetin: 1.17mg Quercetin: 6.25mg, Quercetin: 6.25mg, Quercetin: 6.25mg,
Quercetin: 6.25mg

Nutrients (% of daily need)

Calories: 1283.69kcal (64.18%), Fat: 94.9g (145.99%), Saturated Fat: 31.1g (194.42%), Carbohydrates: 46.44g
(15.48%), Net Carbohydrates: 33.44g (12.16%), Sugar: 5.38g (5.97%), Cholesterol: 226.39mg (75.46%), Sodium:
729.65mg (31.72%), Alcohol: 6.3g (100%), Alcohol %: 1% (100%), Protein: 49.25g (98.5%), Vitamin B3: 14.6mg
(73.01%), Phosphorus: 657.73mg (65.77%), Selenium: 44.34µg (63.34%), Vitamin B1: 0.92mg (61.37%), Vitamin K:
62.71µg (59.73%), Vitamin B6: 1.12mg (55.95%), Copper: 1.08mg (54.02%), Iron: 9.42mg (52.35%), Folate: 208.04µg
(52.01%), Fiber: 13g (52%), Vitamin A: 2482.33IU (49.65%), Potassium: 1650.61mg (47.16%), Vitamin B2: 0.78mg
(45.83%), Manganese: 0.89mg (44.56%), Zinc: 6.26mg (41.72%), Vitamin C: 32.49mg (39.38%), Vitamin B5: 3.67mg
(36.72%), Magnesium: 146.09mg (36.52%), Vitamin B12: 1.11µg (18.55%), Calcium: 151.6mg (15.16%), Vitamin E: 1.88mg
(12.51%), Vitamin D: 1.61µg (10.71%)