



Kentucky Bourbon Burgoo

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



14

CALORIES



709 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 pounds beef shanks
- ☐ 0.8 cup bourbon
- ☐ 2 cups cabbage chopped
- ☐ 1 bunch carrots peeled sliced
- ☐ 1 cup celery diced
- ☐ 4 pound chicken
- ☐ 2 cups regular corn fresh whole canned
- ☐ 2 bell pepper green seeded chopped

- ☐ 2 pounds lamb loins
- ☐ 2 cups lima beans *soaked overnight dry
- ☐ 2 cups okra diced
- ☐ 1.5 pounds onion
- ☐ 0.5 cup parsley chopped
- ☐ 2 bell pepper red
- ☐ 2 pounds pork shank
- ☐ 1.5 pounds potatoes
- ☐ 14 servings salt and pepper
- ☐ 14 servings steak sauce
- ☐ 14 servings all the tabasco sauce you handle
- ☐ 1 quart tomato purée
- ☐ 2 pounds veal shanks
- ☐ 8 quarts water cold
- ☐ 14 servings worcestershire sauce

Equipment

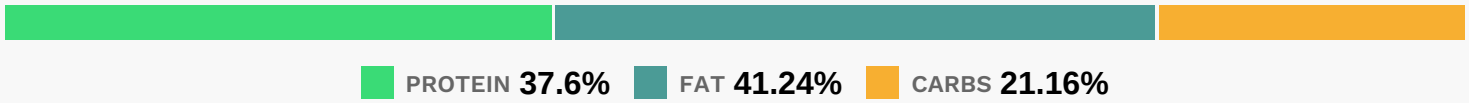
- ☐ pot

Directions

- ☐ Put the pork, veal, beef, lamb, and chicken into a large pot.
- ☐ Add the water and bring it to a boil slowly. Simmer until meat is tender enough to fall off the bones, about 4–6 hours.
- ☐ Lift the meat out of the stock. Cool the meat, remove it from the bones, and chop it. Return the chopped meat to the stock.
- ☐ Pare the potatoes and onions and dice them.
- ☐ Add them, plus the carrots, green peppers, cabbage, tomato puree, corn, red pepper, okra, parsley, lima beans, celery, and bourbon, to the meat and stock. Allow the stew to simmer until very thick about 6 hours.
- ☐ Season to taste with the salt, pepper, Tabasco, steak sauce, and Worcestershire sauce.

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Nutrition Facts



Properties

Glycemic Index:31.54, Glycemic Load:12.09, Inflammation Score:-10, Nutrition Score:49.00695686755%

Flavonoids

Apigenin: 4.84mg, Apigenin: 4.84mg, Apigenin: 4.84mg, Apigenin: 4.84mg Luteolin: 1.05mg, Luteolin: 1.05mg, Luteolin: 1.05mg, Luteolin: 1.05mg Isorhamnetin: 2.43mg, Isorhamnetin: 2.43mg, Isorhamnetin: 2.43mg, Isorhamnetin: 2.43mg Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 16.51mg, Quercetin: 16.51mg, Quercetin: 16.51mg, Quercetin: 16.51mg

Nutrients (% of daily need)

Calories: 709.33kcal (35.47%), Fat: 31.07g (47.81%), Saturated Fat: 11.22g (70.15%), Carbohydrates: 35.87g (11.96%), Net Carbohydrates: 28.05g (10.2%), Sugar: 10.6g (11.78%), Cholesterol: 200.49mg (66.83%), Sodium: 524.38mg (22.8%), Alcohol: 4.29g (100%), Alcohol %: 0.47% (100%), Protein: 63.75g (127.5%), Vitamin B3: 21.99mg (109.94%), Vitamin A: 5478.7IU (109.57%), Vitamin C: 69.69mg (84.48%), Vitamin B6: 1.65mg (82.27%), Zinc: 10.95mg (72.97%), Selenium: 49.27µg (70.39%), Vitamin B12: 4.2µg (69.94%), Phosphorus: 689.06mg (68.91%), Vitamin K: 61.97µg (59.02%), Potassium: 1830.48mg (52.3%), Vitamin B2: 0.86mg (50.4%), Vitamin B1: 0.75mg (50.24%), Copper: 0.74mg (37.19%), Iron: 6.44mg (35.8%), Manganese: 0.7mg (34.87%), Vitamin B5: 3.37mg (33.71%), Magnesium: 131.14mg (32.79%), Fiber: 7.82g (31.29%), Folate: 113.05µg (28.26%), Vitamin E: 2.51mg (16.75%), Calcium: 130.2mg (13.02%), Vitamin D: 0.38µg (2.56%)