



Kentucky Burgoo

 **Gluten Free**  **Dairy Free**

READY IN



90 min.

SERVINGS



6

CALORIES



516 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 slices bacon smoked chopped
- 0.5 teaspoon pepper black freshly ground
- 1 cup brown rice uncooked
- 6 ounces sausage meat sweet italian
- 0.5 cup carrots chopped
- 0.3 cup celery chopped
- 3 cups chicken stock see unsalted
- 2 strips. cut into bite-sized pieces

- 8 ounces beef chuck cut into 1-inch pieces
- 0.5 cup wine dry white
- 1 cup fresh corn kernels fresh thawed
- 5 garlic minced
- 1.5 cups green beans fresh (1-inch)
- 1 teaspoon kosher salt
- 0.8 cup onion chopped
- 8 ounces potatoes - remove skin red quartered
- 3 cups water

Equipment

- frying pan
- dutch oven

Directions

- Cook bacon in a Dutch oven over medium heat 3 minutes, stirring frequently.
- Add sausage; cook 4 minutes or until browned, stirring to crumble.
- Add beef; cook 3 minutes or until browned, stirring occasionally.
- Add onion, carrot, and celery to pan; cook 5 minutes, stirring occasionally.
- Add chicken, salt, and pepper to pan; cook 4 minutes, stirring occasionally.
- Add garlic; cook 1 minute, stirring constantly. Stir in wine; bring to a boil. Cook until liquid almost evaporates (about 3 minutes). Stir in stock, 3 cups water, and rice; bring to a boil. Reduce heat to medium-low, cover, and simmer gently about 30 minutes. Stir in potatoes; cover and simmer gently about 20 minutes, stirring occasionally. Stir in green beans and corn; simmer gently for 8 minutes or until done, skimming as necessary.
- Sprinkle with hot sauce, if desired.

Nutrition Facts

PROTEIN 21.09% **FAT 42.6%** **CARBS 36.31%**

Properties

Glycemic Index:52.6, Glycemic Load:15.18, Inflammation Score:0, Nutrition Score:24.141739441001%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 5.15mg, Quercetin: 5.15mg, Quercetin: 5.15mg, Quercetin: 5.15mg

Nutrients (% of daily need)

Calories: 515.69kcal (25.78%), Fat: 23.85g (36.69%), Saturated Fat: 7.74g (48.4%), Carbohydrates: 45.74g (15.25%), Net Carbohydrates: 41.96g (15.26%), Sugar: 6.51g (7.24%), Cholesterol: 91.85mg (30.62%), Sodium: 880.12mg (38.27%), Alcohol: 2.06g (100%), Alcohol %: 0.49% (100%), Protein: 26.56g (53.13%), Manganese: 1.48mg (74.23%), Vitamin B3: 9.55mg (47.73%), Vitamin A: 2104.67IU (42.09%), Vitamin B6: 0.82mg (41.24%), Phosphorus: 370.37mg (37.04%), Zinc: 5.26mg (35.1%), Vitamin B1: 0.44mg (29.34%), Selenium: 19.96µg (28.52%), Vitamin B12: 1.55µg (25.84%), Potassium: 898.51mg (25.67%), Magnesium: 101.8mg (25.45%), Vitamin B2: 0.34mg (19.71%), Vitamin B5: 1.76mg (17.6%), Iron: 3.1mg (17.2%), Copper: 0.34mg (17.19%), Vitamin K: 17.83µg (16.98%), Fiber: 3.78g (15.1%), Vitamin C: 11.81mg (14.31%), Folate: 49.18µg (12.3%), Calcium: 61.53mg (6.15%), Vitamin E: 0.5mg (3.31%), Vitamin D: 0.47µg (3.16%)