



Kentucky Burgoo



Gluten Free



Dairy Free



Popular

READY IN



205 min.

SERVINGS



12

CALORIES



500 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons vegetable oil
- ☐ 3 pounds country cut into large pieces (3 to 4 inches wide)
- ☐ 2 pounds chuck roast cut into large pieces (3 to 4 inches wide)
- ☐ 3 chicken legs bone-in ()
- ☐ 1 bell pepper green chopped
- ☐ 1 large onion chopped
- ☐ 2 carrots chopped
- ☐ 2 rib celery chopped

- ☐ 5 garlic cloves chopped
- ☐ 1 quart chicken stock see
- ☐ 1 quart beef stock
- ☐ 28 ounce canned tomatoes crushed canned
- ☐ 2 large potatoes (we used russets)
- ☐ 1 bag regular corn frozen (a pound)
- ☐ 14 ounces lima beans *soaked overnight frozen
- ☐ 12 servings salt and pepper
- ☐ 4 tablespoons worcestershire sauce
- ☐ 12 servings tabasco

Equipment

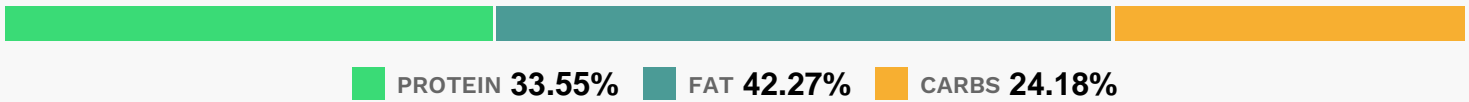
- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ Heat vegetable oil on medium-high heat in a large soup pot (at least 8 quart size). Salt the meats well on all sides. When the oil is shimmering hot, working in batches brown all the meats.
- ☐ Do not crowd the pan or the meat will steam and not brown well. Do not move the meat while browning a side.
- ☐ Let the meat pieces get well seared.
- ☐ Remove the browned meats to a bowl.
- ☐ Sauté onions, carrots, celery, green pepper:
- ☐ Add the onions, carrots, celery and green pepper to the pot and brown them. If necessary, add a little more oil to the pot.
- ☐ After a few minutes of cooking, sprinkle salt over the vegetables.
- ☐ When the vegetables are well browned, add the garlic and cook for 30 seconds more, until fragrant.

- ☐ Add back the meats, and the chicken and beef broths and the tomatoes, stir to combine. Bring to a simmer, cover, reduce the heat and simmer gently for 2 hours.
- ☐ Remove the meat pieces, strip from bones, cut into smaller pieces, return to pot: Uncover and remove the meat pieces. Strip the chicken off the bone and discard skin if you want.
- ☐ Break the larger pieces of meat into smaller, more manageable pieces. The reason you did not do this at first is because the meats stay juicier when they cook in larger pieces.
- ☐ Return all the meat pieces to the pot and bring it up to a strong simmer.
- ☐ Add potatoes: Peel and cut the potatoes into chunks about the same size as the meat pieces (if using new potatoes, you can skip the peeling, but russets you'll want to peel).
- ☐ Add them to the stew and cook them until they are done, about 45 minutes.
- ☐ When the potatoes are done, add the Worcestershire sauce, mix well and taste for salt.
- ☐ Add more Worcestershire sauce to taste if needed.
- ☐ the corn and lima beans.
- ☐ Mix well and cook for at least 10 minutes, or longer if you'd like. Here is the point where you decide whether you want a burgoo that's been hammered into a thick mass or a stew with bright colors in it. It's your call.
- ☐ To serve, taste one more time for salt, and add either Worcestershire or salt if you want.
- ☐ Serve with crusty bread or cornbread and a bottle of hot sauce on the side.

Nutrition Facts



Properties

Glycemic Index:24.92, Glycemic Load:11.39, Inflammation Score:-9, Nutrition Score:32.617826119713%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.23mg, Quercetin: 3.23mg, Quercetin: 3.23mg, Quercetin: 3.23mg

Nutrients (% of daily need)

Calories: 500.12kcal (25.01%), Fat: 23.6g (36.31%), Saturated Fat: 7.81g (48.83%), Carbohydrates: 30.39g (10.13%), Net Carbohydrates: 24.76g (9.01%), Sugar: 7.85g (8.73%), Cholesterol: 130.83mg (43.61%), Sodium: 779.71mg (33.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.14g (84.29%), Selenium: 46.81µg (66.87%), Zinc: 9.33mg (62.21%), Vitamin B1: 0.92mg (61.02%), Vitamin B6: 1.17mg (58.58%), Vitamin B3: 11.49mg (57.46%), Phosphorus: 485.81mg (48.58%), Vitamin B12: 2.83µg (47.09%), Potassium: 1521.04mg (43.46%), Vitamin A: 1930.31IU (38.61%), Vitamin C: 29.69mg (35.98%), Vitamin B2: 0.6mg (35.55%), Iron: 5.56mg (30.91%), Copper: 0.51mg (25.46%), Manganese: 0.47mg (23.57%), Fiber: 5.62g (22.49%), Magnesium: 89.85mg (22.46%), Vitamin B5: 1.92mg (19.2%), Folate: 64.31µg (16.08%), Vitamin K: 15.95µg (15.19%), Vitamin E: 1.53mg (10.19%), Calcium: 85.35mg (8.53%)