



Lamb and Sausage Cassoulet

READY IN



211 min.

SERVINGS



4

CALORIES



432 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 slice bacon chopped
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 tablespoons brandy
- ☐ 2 ounce bread french
- ☐ 1 cup carrots coarsely chopped (2 medium)
- ☐ 0.5 cup celery coarsely chopped
- ☐ 1 cup great northern beans dried
- ☐ 3 tablespoons parsley fresh chopped
- ☐ 6 garlic clove smashed

- ☐ 0.3 teaspoon kosher salt
- ☐ 8 ounces leg of lamb boneless trimmed cut into bite-sized pieces
- ☐ 2.5 cups beef broth fat-free
- ☐ 2 teaspoons olive oil
- ☐ 1.5 cups onion coarsely chopped
- ☐ 1 ounce parmesan cheese grated
- ☐ 1 tablespoon tomato paste
- ☐ 4 ounces turkey kielbasa chopped
- ☐ 1.5 cups water
- ☐ 3 cups water boiling

Equipment

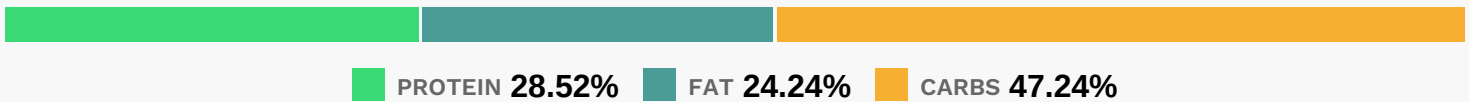
- ☐ food processor
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ dutch oven

Directions

- ☐ Preheat oven to 35
- ☐ Sort and wash beans; place in a large saucepan. Cover beans with 3 cups boiling water. Cover and let stand 1 hour.
- ☐ Drain; set beans aside.
- ☐ Heat a large Dutch oven over medium-high heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Sprinkle lamb evenly with pepper and salt.
- ☐ Add lamb to pan; saut 5 minutes, turning to brown on all sides.
- ☐ Add lamb to beans.
- ☐ Return pan to medium-high heat.

- ☐ Add sausage and bacon to pan; saut 2 minutes, stirring occasionally.
- ☐ Add onion and next 3 ingredients (through garlic) to pan; saut 3 minutes, stirring frequently.
- ☐ Add onion mixture to bean mixture.
- ☐ Add tomato paste to pan; saut 30 seconds, stirring constantly. Stir in broth, 1 1/2 cups water, and brandy; bring to a boil, scraping pan to loosen browned bits. Stir bean mixture into broth mixture. Cover and bake at 350 for 1 hour. Uncover; bake 1 hour, uncovered.
- ☐ Tear bread into small pieces.
- ☐ Combine torn bread and grated cheese in a food processor; process until coarse crumbs measure 2 cups.
- ☐ Sprinkle bread crumb mixture evenly over bean mixture.
- ☐ Bake an additional 30 minutes or until topping is golden brown and beans are tender.
- ☐ Sprinkle mixture with chopped fresh parsley.

Nutrition Facts



Properties

Glycemic Index:85.08, Glycemic Load:8.73, Inflammation Score:-10, Nutrition Score:34.402173799017%

Flavonoids

Apigenin: 6.83mg, Apigenin: 6.83mg, Apigenin: 6.83mg, Apigenin: 6.83mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg Quercetin: 12.38mg, Quercetin: 12.38mg, Quercetin: 12.38mg, Quercetin: 12.38mg

Nutrients (% of daily need)

Calories: 431.9kcal (21.59%), Fat: 11.35g (17.47%), Saturated Fat: 4.04g (25.27%), Carbohydrates: 49.8g (16.6%), Net Carbohydrates: 37.45g (13.62%), Sugar: 7.39g (8.21%), Cholesterol: 47.68mg (15.89%), Sodium: 1115.82mg (48.51%), Alcohol: 2.51g (100%), Alcohol %: 0.47% (100%), Protein: 30.06g (60.12%), Vitamin A: 5823.46IU (116.47%), Folate: 276.1µg (69.03%), Vitamin K: 62.7µg (59.71%), Manganese: 1mg (50.12%), Fiber: 12.35g (49.39%), Phosphorus: 437.9mg (43.79%), Selenium: 29.48µg (42.11%), Potassium: 1435.72mg (41.02%), Iron: 7.15mg (39.73%), Vitamin B1: 0.55mg (36.85%), Magnesium: 129.5mg (32.38%), Copper: 0.61mg (30.42%), Vitamin B6: 0.6mg (30.11%), Vitamin C: 24.03mg (29.13%), Vitamin B3: 5.69mg (28.47%), Zinc: 3.89mg (25.93%), Vitamin B2: 0.39mg (23.11%), Calcium: 210.79mg (21.08%), Vitamin B12: 1.21µg (20.16%), Vitamin B5: 1.1mg (11.01%), Vitamin E: 1.04mg (6.94%)