



Lamb, Sausage, and Bean Soup



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



432 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14 oz canned tomatoes diced canned
- ☐ 60 oz beans white rinsed drained canned
- ☐ 2 bay leaves dried
- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 6 cups fat-skimmed chicken broth
- ☐ 2 oz garlic
- ☐ 0.5 pound kielbasa sausages sliced Polish
- ☐ 8 servings salt and pepper

☐ 1.5 pounds boned

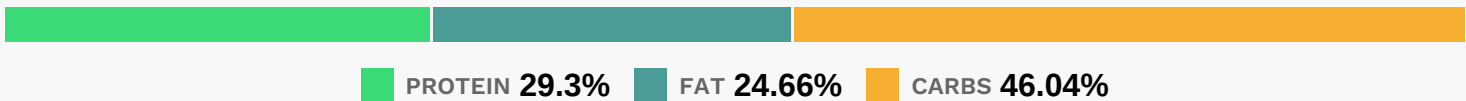
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ slotted spoon

Directions

- ☐ Cut lamb into 1-inch chunks.
- ☐ In a 5- to 6-quart pan, combine lamb, thyme, and 1 cup water. Cover and bring to a boil over high heat. Reduce heat and simmer for 20 minutes.
- ☐ Uncover and boil over high heat, stirring often, until a brown film forms on pan bottom, about 15 minutes.
- ☐ Add 1/3 cup broth and stir to loosen browned bits, then stir often until lamb is lightly browned, about 4 minutes.
- ☐ Add remaining broth and bay leaves; bring to a boil.
- ☐ Cut 1/4 of the top off the garlic head.
- ☐ Add garlic head to broth. Cover, reduce heat, and simmer until lamb is tender when pierced, about 1 hour.
- ☐ With a slotted spoon, lift out garlic and set aside. To pan, add tomatoes (including juice), sausages, and beans.
- ☐ Squeeze garlic cloves from the head and add cloves to soup. Reduce heat, cover, and simmer to blend flavors, about 5 minutes, stirring occasionally.
- ☐ If soup is thicker than you like, thin with a little water and simmer 2 to 3 more minutes to blend flavors. Ladle into bowls or mugs and add salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:11.13, Glycemic Load:11.6, Inflammation Score:-7, Nutrition Score:26.531739338585%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 431.5kcal (21.58%), Fat: 11.94g (18.37%), Saturated Fat: 4.1g (25.65%), Carbohydrates: 50.15g (16.72%), Net Carbohydrates: 39.28g (14.28%), Sugar: 2.12g (2.36%), Cholesterol: 54.14mg (18.05%), Sodium: 1258.23mg (54.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.91g (63.81%), Manganese: 1.3mg (65.11%), Iron: 8.59mg (47.72%), Fiber: 10.87g (43.48%), Folate: 157.64µg (39.41%), Potassium: 1359.46mg (38.84%), Phosphorus: 370.79mg (37.08%), Selenium: 25.39µg (36.27%), Zinc: 5.34mg (35.61%), Vitamin B12: 2.05µg (34.15%), Magnesium: 134.84mg (33.71%), Copper: 0.67mg (33.46%), Vitamin B1: 0.46mg (30.62%), Vitamin B3: 5.79mg (28.93%), Vitamin B6: 0.46mg (23.05%), Calcium: 200.98mg (20.1%), Vitamin B2: 0.31mg (18.53%), Vitamin E: 2.14mg (14.29%), Vitamin B5: 1.21mg (12.12%), Vitamin C: 7.14mg (8.65%), Vitamin K: 8.26µg (7.87%), Vitamin A: 61.42IU (1.23%)