



Old-Fashioned Kentucky Burgoo



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



7

CALORIES



904 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound beef shanks
- ☐ 1 cup cabbage shredded
- ☐ 3 medium carrots thinly sliced
- ☐ 0.5 cup celery finely chopped
- ☐ 4 pound stewing hen quartered
- ☐ 1 cup parsley fresh chopped
- ☐ 1 large bell pepper green seeded chopped
- ☐ 0.5 teaspoon hot sauce

- ☐ 1 cup lima beans *soaked overnight
- ☐ 1 cup okra thinly sliced
- ☐ 1 large onion chopped
- ☐ 1 pepper pod red
- ☐ 1 pound pork shank
- ☐ 3 medium potatoes peeled quartered
- ☐ 0.5 teaspoon bell pepper red
- ☐ 1 tablespoon salt
- ☐ 2 cups tomato purée
- ☐ 1 pound veal shanks
- ☐ 1 gallon water
- ☐ 1 cup kernel corn whole

Equipment

- ☐ bowl
- ☐ ladle
- ☐ pot

Directions

- ☐ Combine chicken, pork, veal, beef, and water in a large stockpot; bring to a boil. Reduce heat; cover and simmer 2 hours or until meat is tender.
- ☐ Remove meat from broth; cool slightly.
- ☐ Remove meat from bones, discarding bones. Coarsely chop meat, and set aside.
- ☐ Skim off, and discard fat from surface of broth.
- ☐ Add meat and remaining ingredients to broth in stockpot; bring to a boil. Reduce heat; simmer, uncovered, 6 hours or until thickened, stirring occasionally. Discard pepper pod.
- ☐ Ladle stew into individual serving bowls; serve hot.

Nutrition Facts



Properties

Glycemic Index:57.58, Glycemic Load:14.86, Inflammation Score:-10, Nutrition Score:56.146521475004%

Flavonoids

Apigenin: 18.68mg, Apigenin: 18.68mg, Apigenin: 18.68mg, Apigenin: 18.68mg Luteolin: 1.42mg, Luteolin: 1.42mg, Luteolin: 1.42mg, Luteolin: 1.42mg Isorhamnetin: 1.07mg, Isorhamnetin: 1.07mg, Isorhamnetin: 1.07mg, Isorhamnetin: 1.07mg Kaempferol: 1.17mg, Kaempferol: 1.17mg, Kaempferol: 1.17mg, Kaempferol: 1.17mg Myricetin: 1.29mg, Myricetin: 1.29mg, Myricetin: 1.29mg, Myricetin: 1.29mg Quercetin: 11.76mg, Quercetin: 11.76mg, Quercetin: 11.76mg, Quercetin: 11.76mg

Nutrients (% of daily need)

Calories: 903.8kcal (45.19%), Fat: 42.94g (66.07%), Saturated Fat: 12.04g (75.25%), Carbohydrates: 40.11g (13.37%), Net Carbohydrates: 31.84g (11.58%), Sugar: 9.25g (10.28%), Cholesterol: 368.32mg (122.77%), Sodium: 1422.14mg (61.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 86.56g (173.11%), Vitamin K: 171.92µg (163.73%), Vitamin B3: 29.04mg (145.22%), Vitamin A: 6534.19IU (130.68%), Vitamin B6: 2.2mg (110.14%), Vitamin C: 90.54mg (109.74%), Phosphorus: 874.29mg (87.43%), Selenium: 58.72µg (83.88%), Zinc: 11mg (73.36%), Potassium: 2372.18mg (67.78%), Vitamin B2: 1.1mg (64.51%), Vitamin B1: 0.85mg (56.62%), Vitamin B12: 3.36µg (56.03%), Iron: 7.62mg (42.32%), Copper: 0.84mg (41.82%), Magnesium: 161.01mg (40.25%), Vitamin B5: 3.95mg (39.52%), Manganese: 0.75mg (37.59%), Fiber: 8.28g (33.1%), Folate: 119.83µg (29.96%), Vitamin E: 3.12mg (20.81%), Calcium: 150.85mg (15.09%), Vitamin D: 0.19µg (1.3%)