



Rabbit Cacciatore

 Dairy Free  Very Healthy

READY IN



65 min.

SERVINGS



4

CALORIES



497 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.3 pound rabbit cut into 6 to 8 pieces
- ☐ 4 servings salt and pepper freshly ground
- ☐ 3 tablespoons thyme leaves dried fresh (or 1 Tbsp)
- ☐ 1 teaspoon rosemary leaves dried fresh (or)
- ☐ 0.3 cup flour all-purpose (Wondra flour works great)
- ☐ 2 tablespoons olive oil extra virgin
- ☐ 0.5 cup onion chopped
- ☐ 2 cloves garlic minced

- ☐ 0.7 cup mushrooms chopped
- ☐ 3 cups tomatoes canned very ripe chopped (or plum tomatoes)
- ☐ 2 bell peppers red seeded cut into 1-inch cubes
- ☐ 1 bay leaf
- ☐ 16 salt-cured olives green black pitted

Equipment

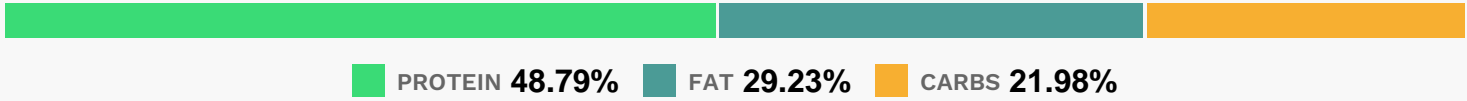
- ☐ frying pan

Directions

- ☐ Before you start, cut the rabbit into pieces, or have your butcher do it for you. Hank Shaw has an excellent guide here: [How to](#)
- ☐ Cut up a Rabbit.
- ☐ Sprinkle the rabbit pieces generously with salt and pepper. Rub half of the thyme leaves into the pieces, then sprinkle with flour to lightly coat.
- ☐ Heat olive oil in a large skillet on medium high.
- ☐ Place the rabbit pieces in the pan in a single layer. Do not stir.
- ☐ Cook for 2–3 minutes on one side until lightly browned, then turn the pieces and brown on the other side for a minute or two more.
- ☐ Remove the rabbit pieces to a dish to set aside.
- ☐ Add onions, then garlic, bell pepper, mushrooms, rosemary, thyme: Reduce the heat to medium.
- ☐ Add onions to the pan, cook for 1 minute. Then add garlic, bell pepper, and mushrooms, cook for a couple minutes more.
- ☐ Add the rosemary and the remaining thyme.
- ☐ Add the rabbit back into the pan. Cover with chopped tomatoes and bay leaf.
- ☐ Reduce heat to medium low; cover the pan and cook for 35 minutes.
- ☐ Uncover the pan, add the olives.
- ☐ Boil off excess liquid: Increase heat to high and cook for several minutes to boil off excess moisture and reduce the sauce.

- ☐ When the liquid has reduced by half, check the seasoning, add salt or pepper to taste,remove from heat and serve.
- ☐ Serve with rice, pasta, or potatoes.

Nutrition Facts



Properties

Glycemic Index:69.75, Glycemic Load:9.69, Inflammation Score:-10, Nutrition Score:33.34608709553%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 2.84mg, Luteolin: 2.84mg, Luteolin: 2.84mg, Luteolin: 2.84mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.22mg, Quercetin: 4.22mg, Quercetin: 4.22mg, Quercetin: 4.22mg

Nutrients (% of daily need)

Calories: 497.1kcal (24.86%), Fat: 16.3g (25.08%), Saturated Fat: 3.21g (20.09%), Carbohydrates: 27.59g (9.2%), Net Carbohydrates: 20.88g (7.59%), Sugar: 11.77g (13.08%), Cholesterol: 206.67mg (68.89%), Sodium: 815.56mg (35.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 61.24g (122.48%), Vitamin C: 103.56mg (125.53%), Vitamin B3: 20.59mg (102.96%), Phosphorus: 686.72mg (68.67%), Iron: 12.34mg (68.54%), Vitamin A: 2568.29IU (51.37%), Potassium: 1755.35mg (50.15%), Selenium: 29.73µg (42.47%), Magnesium: 133.18mg (33.3%), Vitamin E: 4.84mg (32.25%), Manganese: 0.6mg (30.17%), Fiber: 6.71g (26.85%), Vitamin B6: 0.53mg (26.59%), Vitamin B2: 0.43mg (25.53%), Copper: 0.47mg (23.27%), Vitamin B1: 0.34mg (22.48%), Folate: 74.74µg (18.69%), Vitamin K: 17.1µg (16.29%), Calcium: 135.52mg (13.55%), Vitamin B5: 1.03mg (10.26%), Zinc: 0.93mg (6.21%)