



Rabbit, Carrot, Leek, and Green Bean Ragoût

 Gluten Free

READY IN



120 min.

SERVINGS



4

CALORIES



601 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bay leaves (not California)
- 3 large carrots
- 0.3 cup wine dry white
- 2 cups fat-skimmed beef broth fat-free
- 0.5 tablespoon thyme sprigs fresh
- 2 tablespoons garlic chopped
- 0.5 pound haricots verts
- 1 teaspoon kosher salt

- 3 large leek white green cut into 1/2-inch-thick rounds
- 0.5 pound potato boiling (1-inch) (8)
- 3 pound dressed rabbit frozen thawed cut into 8 serving pieces (if)
- 4 small onion red (2-inch) ()
- 1 tablespoon butter unsalted

Equipment

- bowl
- whisk
- pot
- slotted spoon
- colander

Directions

- Remove fat, kidneys, and liver from rabbit if necessary. Pat rabbit dry and season with salt and pepper.
- Heat oil and 1/2 tablespoon butter in a wide 6-quart heavy pot over moderately high heat until foam subsides, then brown rabbit in 2 batches, 2 to 3 minutes per side.
- Transfer as browned to a plate.
- Add wine to pot and boil 30 seconds.
- Add broth and deglaze pot by boiling, scraping up brown bits. Mince and mash garlic with thyme and salt and stir into broth with bay leaf and rabbit. Simmer, covered, 40 minutes.
- While rabbit is simmering, quarter onions lengthwise, leaving enough of core intact to keep layers together. Soak leeks in a large bowl of water 10 minutes, agitating occasionally to dislodge any sand and letting sand sink to bottom of bowl. Lift leeks out of water.
- Scatter onions, leeks, carrots, and potatoes over and around rabbit and continue to simmer, covered, until rabbit and vegetables are tender, 40 to 50 minutes.
- When rabbit is almost done, cook beans in a large pot of boiling salted water until just tender, 3 to 5 minutes, and drain in a colander.
- Stir beans into ragout, then transfer rabbit and vegetables with a slotted spoon to a deep platter and keep warm. Boil cooking liquid until reduced to about 3/4 cup and whisk in

remaining 1/2 tablespoon butter.

- Pour some of sauce over rabbit and vegetables and serve the rest on the side.
- Each serving about 421 calories and 13 grams fat
- Gourmet

Nutrition Facts

PROTEIN 54.72% **FAT 17.88%** **CARBS 27.4%**

Properties

Glycemic Index:60.46, Glycemic Load:8.22, Inflammation Score:-10, Nutrition Score:37.586956442698%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 2.89mg, Kaempferol: 2.89mg, Kaempferol: 2.89mg, Kaempferol: 2.89mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 24.5mg, Quercetin: 24.5mg, Quercetin: 24.5mg, Quercetin: 24.5mg

Nutrients (% of daily need)

Calories: 600.8kcal (30.04%), Fat: 11.61g (17.85%), Saturated Fat: 4.29g (26.82%), Carbohydrates: 40g (13.33%), Net Carbohydrates: 32.71g (11.89%), Sugar: 12.76g (14.18%), Cholesterol: 283.08mg (94.36%), Sodium: 1286.2mg (55.92%), Alcohol: 1.54g (100%), Alcohol %: 0.24% (100%), Protein: 79.91g (159.82%), Vitamin A: 10662.3IU (213.25%), Vitamin B3: 24.8mg (124.01%), Phosphorus: 922.23mg (92.22%), Iron: 14.12mg (78.42%), Potassium: 2184.26mg (62.41%), Vitamin K: 65.34µg (62.23%), Selenium: 36.99µg (52.84%), Manganese: 0.86mg (42.91%), Magnesium: 166.62mg (41.66%), Vitamin C: 33.79mg (40.96%), Vitamin B6: 0.62mg (30.75%), Fiber: 7.29g (29.17%), Folate: 104.75µg (26.19%), Vitamin B2: 0.4mg (23.39%), Vitamin B1: 0.34mg (22.54%), Calcium: 168.06mg (16.81%), Copper: 0.3mg (15.12%), Vitamin E: 1.32mg (8.77%), Vitamin B5: 0.84mg (8.36%), Zinc: 0.83mg (5.52%), Vitamin B12: 0.23µg (3.88%)