



 **76%**
HEALTH SCORE

Smokey Duck and Sweet Potato Soup

 **Gluten Free**  **Very Healthy**

READY IN



60 min.

SERVINGS



6

CALORIES



1001 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon chipotles in adobo canned (from can of chipotles in adobo sauce)
- 2 bay leaves
- 4 cups beef broth
- 4 small carrots peeled
- 2 small celery diced
- 4 cups chicken broth
- 1 chipotles in adobo minced
- 0.5 teaspoon cinnamon

- 1.5 cup rice cooked
- 1.5 cup rice cooked
- 1.5 cup rice cooked
- 1 tablespoon cumin
- 1 tablespoon t brown sugar dark
- 1 teaspoon thyme dried
- 0.5 cup wine dry white
- 12 duck breast meat – skin left on wild boneless skinless (marinated)
- 3 cloves garlic minced
- 2 garlic clove minced
- 1 tablespoon ginger minced
- 1 teaspoon ginger minced
- 1 tablespoon olive oil
- 2 small onion diced
- 1.5 cup peas frozen
- 6 servings salt and pepper to taste
- 1 tablespoon paprika smoked sweet
- 4 medium sweet potatoes and into diced peeled
- 2 tablespoons tomato paste
- 1 tablespoon butter unsalted
- 3 tablespoons worcestershire sauce

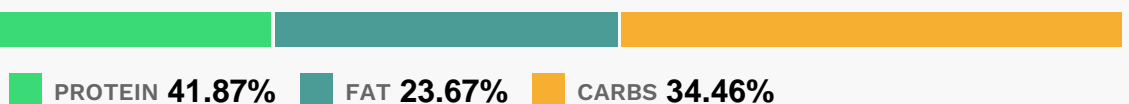
Equipment

- bowl
- frying pan
- pot
- dutch oven

Directions

- Mix all the ingredients for the marinade. Toss the duck breasts with the marinade (It will be more of a paste) and allow to marinate several hours or overnight.
- Heat the oil and butter in a large pot or Dutch oven over high heat.
- Remove breasts from the marinade, use fingers to wipe off excess, and add meat to the pot (discard the leftover marinade.) Sear meat well on both sides, a few minutes for side. Meat should be well browned. Be sure not to crowd the pan or the meat will not brown correctly.
- Transfer the meat to a plate and set aside. Toss the onions, celery, and carrots into the pot and cook until softened and the onions are turning translucent.
- Add the tomato paste and continue to cook 3 to 5 minutes to toast the paste.
- Add in the cumin, paprika, bay leaves, cinnamon, and thyme. Cook 2-3 minutes. Toss in the garlic, ginger, and chili and cook until fragrant 30 seconds to a minute.
- Pour in the white wine and allow to simmer a couple minutes. Dump in the chicken broth, beef broth, and Worcestershire sauce.
- Add the sweet potatoes and cover, bring to a boil. When the soup bowls reduce to a hard simmer (gentle boil) and cook until the sweet potatoes are tender. 20 -25 minutes depending on how tender you like your veggies.
- Add the frozen peas and cook until heated through, about 10 minutes. Meanwhile cut the duck into bite sized pieces.
- Add the duck and any liquid that gathered in the plate they were sitting in to the pot. Dump in the rice, cover, and allow to cook 5-10 minutes more to finish cooking the duck and heating the rice.
- Remove the bay leaves before serving. Taste the soup and add salt and pepper to suit your taste. Can be served over extra rice if desired.
- Add sriracha sauce (or other hot sauce) if you like more heat.

Nutrition Facts



Properties

Glycemic Index:118.36, Glycemic Load:54.55, Inflammation Score:-10, Nutrition Score:62.783478010608%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 4.9mg, Quercetin: 4.9mg, Quercetin: 4.9mg, Quercetin: 4.9mg

Nutrients (% of daily need)

Calories: 1000.78kcal (50.04%), Fat: 25.45g (39.15%), Saturated Fat: 7.82g (48.85%), Carbohydrates: 83.32g (27.77%), Net Carbohydrates: 73.54g (26.74%), Sugar: 15.79g (17.54%), Cholesterol: 356.19mg (118.73%), Sodium: 1899.93mg (82.61%), Alcohol: 2.06g (100%), Protein: 101.27g (202.53%), Vitamin B12: 58.91µg (981.79%), Vitamin A: 28232.63IU (564.65%), Vitamin B6: 3.38mg (168.97%), Selenium: 103.66µg (148.09%), Vitamin B1: 2.14mg (142.82%), Iron: 24.54mg (136.33%), Phosphorus: 1075.73mg (107.57%), Vitamin B2: 1.71mg (100.64%), Vitamin B3: 19.85mg (99.27%), Copper: 1.85mg (92.37%), Manganese: 1.45mg (72.59%), Potassium: 2321.64mg (66.33%), Vitamin C: 53.33mg (64.64%), Vitamin B5: 5.57mg (55.71%), Magnesium: 188.1mg (47.03%), Fiber: 9.79g (39.15%), Zinc: 5.11mg (34.05%), Vitamin K: 24.14µg (22.99%), Folate: 89.87µg (22.47%), Calcium: 151.2mg (15.12%), Vitamin E: 1.81mg (12.07%)