PORTUGUESE · LUNCH · DINNER

Coelho Estufado (Portuguese Rabbit Stew with Wine)

Coelho estufado à portuguesa

70 min · Serves 4 · 860 kcal a serve · Video 4:37 in Portuguese · Momentos Doces e Salgados

Gluten-free ingredients · Dairy-free · Nut-free

68 g protein and 12 g net carbs in a generous serve of rabbit stewed with carrots, red pepper, tomato and white wine — rich in vitamin B12, selenium and zinc.

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Ingredients 14 · SERVES 4

- [ ] 3¼ lb **rabbit**, cut into pieces
- [ ] ½ cup **olive oil**
- [ ] 5 oz **bacon**, diced
- [ ] 2 medium **onions**, chopped
- [ ] 4 **garlic** cloves, chopped
- [ ] 2 **carrots**, sliced
- [ ] ½ **red capsicum** (bell pepper), chopped
- [ ] 3 heaped tbsp **polpa de tomate** (thick tomato pulp)
- [ ] 2 tsp (1 dessertspoon) **sweet paprika** (pimentão doce)
- [ ] a sprig of **parsley**
- [ ] ½ cup **dry white wine**
- [ ] about ½ cup **water** (½ glass)
- [ ] **salt** to taste
- [ ] **black pepper** to taste

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Contains: none of the common allergens in the listed ingredients. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Heat ½ cup olive oil in a wide pot. When it is hot, add the rabbit pieces and brown them, stirring so they don't stick to the bottom. 0:48
2. Add the diced bacon and keep frying with the rabbit. 1:29
3. When the rabbit is golden, add the chopped onions and garlic and fry a little longer, stirring. 1:41
4. Slice the carrots and add them with the red pepper. 2:12
5. Stir in the tomato pulp, sweet paprika and a sprig of parsley, season with salt and pepper, then add the white wine and about ½ glass of water and mix well. 2:38
6. Cover and stew over medium heat for 30–40 minutes until the rabbit is tender, then serve from the pot. 3:32

> **Tip** Serves 4 (as the cook's written recipe says). She suggests mashed potato or rice alongside; greens or a salad keep it lower in carbs. Leave out the bacon for a leaner stew.

The method is a summary in our words, in English — the video (in Portuguese) shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
860 kcal	**68** g	**16** g	**3.5** g	**55** g	**750** mg
3,600 kJ	137% of a day	12 g net · 7 g sugars	12% of a day	13 g saturated	33% of a day
		6% of a day		71% of a day	

Energy from net carbs 6% · protein 33% · fat 61% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Vitamin B12 556% · Selenium 157% · Vitamin B6 63% · Vitamin K 55% · Zinc 52% · Vitamin A 41% · Vitamin C 41% · Vitamin E 36% · Iron 34% · Omega-3 31% · Potassium 23%

Source of (10–19%) Magnesium 16% · Folate 14%

Recipe and video: Momentos Doces e Salgados (@MomentosDoceseSalgados) on YouTube — youtube.com/watch?v=NnClPoqP_rs, published 9 October 2023. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/coelho-estufado