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### **Cassoulet**

*Preparation time: 30 minutes*

*Cooking time: 3-1/2 hours*

*Yield: 12 cups*

This dish takes long, slow cooking to bring out the complexity of its many flavors, but the end result is well worth the effort. You'll get rave reviews once family or friends sample this sophisticated French classic.

- 1 – 16 ounce bag dry navy beans
- 2 cups reduced sodium chicken broth
- 12 ounces raw chicken, skinless, boneless, cut in 1-inch pieces
- 4 ounces ham, cut into 1-inch pieces
- 2 medium carrots, peeled, 1/4-inch thick pieces
- 1 yellow onion, coarsely chopped
- 1 celery stalk, trimmed, sliced
- 2 tablespoons brown sugar
- salt, to taste
- 1/8 teaspoon ground mustard
- 1/8 teaspoon black pepper
- 1 -14.5 ounce can diced tomatoes, with juice
- 1 tablespoon molasses
- 2 tablespoons ketchup
- 1/2 cup toasted flaxseed

1. Sort beans for small stones, rinse beans. Using the quick soak method, add beans to water in a large saucepan, and bring to a boil for 1-2 minutes. Take off heat and soak for 1 hour.
2. Drain off water, add the broth. Add all remaining ingredients except the flaxseed. Cover again and continue cooking on low heat another 2 to 2-1/2 hours or until the chicken is fully cooked and the beans are soft.
3. When the cassoulet mixture is ready to serve, fold in the toasted flaxseed, mixing thoroughly. Serve in a beautiful casserole dish for an impressive presentation at the table.

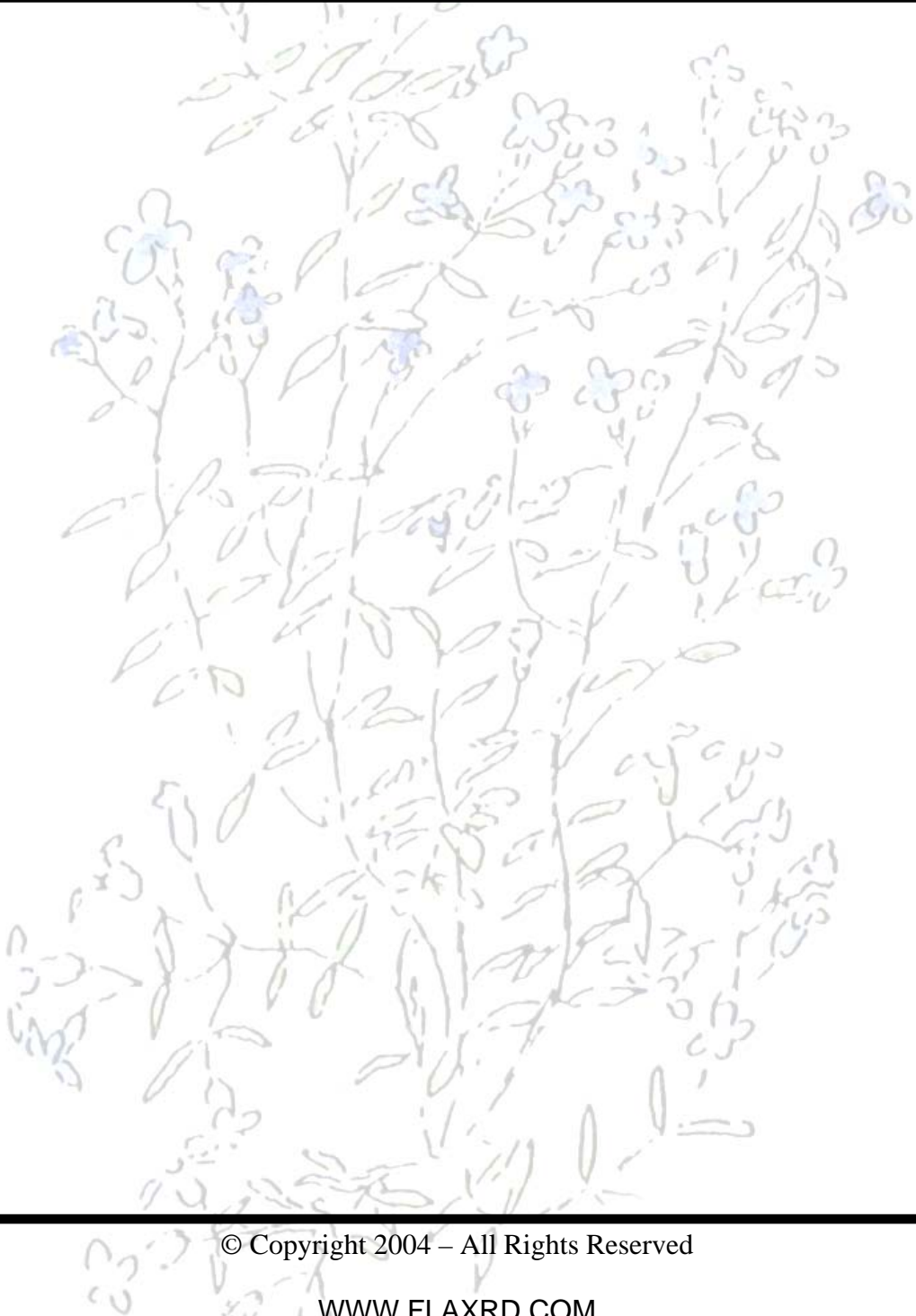
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### Nutrition Information Per Cup

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Calories 242	Fat 5 g	Fiber 12 g
Carbohydrates 31 g	Omega-3 Fats 1893 mg	Calcium 112 mg
Protein 19 g	Cholesterol 22 mg	Sodium 352 mg

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