Dinner

Cozy Pork and Pumpkin Stew

Cubed pork shoulder is browned, then simmered low and slow with sweet pumpkin, aromatic vegetables, and a whisper of cinnamon. Black beans are stirred in at the end for a hearty, comforting bowl.



Freezer safe

725 min	180	18 g	5 g
time	calories	carbs	sugars

Ingredients, 8 servings

- [ ] 16 oz pork shoulder (trimmed of all visible fat, cut into 1-inch cubes)
- [ ] 1/2 tsp black pepper
- [ ] 1 tsp seasoning (salt-free, such as Mrs. Dash)
- [ ] 1 tbsp olive oil
- [ ] 2 tbsp tomato paste
- [ ] 1 cup beef broth (low-sodium)
- [ ] 1/4 tsp ground cinnamon
- [ ] 1 med onion(s) (peeled, large dice)
- [ ] 4 stalks celery (large dice)
- [ ] 3 med carrots (peeled, large dice)
- [ ] 1 whole small sugar/pie pumpkin (peeled, seeded, large dice)
- [ ] 4 clove garlic (minced)
- [ ] 4 sprig fresh thyme
- [ ] 1 bay leaves
- [ ] 1 (14.5-ounce) can black beans (drained and rinsed)

Nutrition Facts

Per serving

Calories	180
Total fat	6 g
Saturated fat	1.5 g
Sodium	180 mg
Total carbs	18 g
Fiber	3 g
Total sugars	5 g
Protein	15 g

Method

- [ ] **1** Toss the cubed pork shoulder with the black pepper and salt free seasoning.
- [ ] **2** Heat the olive oil in a large saute pan over high heat and brown the pork for about 8 minutes, working in batches if the pan is small so every piece browns evenly.
- [ ] **3** Lift the pork out of the pan and set it aside, then whisk in the tomato paste, beef broth, and ground cinnamon to pick up the browned bits from the bottom before removing the pan from the heat.
- [ ] **4** Tip the browned pork and the pan liquid into the slow cooker, add the onion, celery, carrots, pumpkin, garlic, fresh thyme, and bay leaves, and stir to combine.
- [ ] **5** Cover and cook on high for 3 hours, 40 minutes, or on low for 7 hours, 40 minutes.
- [ ] **6** Stir in the black beans and cook for 20 minutes more.
- [ ] **7** Pick out the bay leaves just before serving.

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