



Autumn Slow Cooker Pork Stew (DF)

8 servings
 30 minutes

Ingredients

- 4 lbs Pork Shoulder, Boneless
- 2 cups Butternut Squash (cubes)
- 1 cup Frozen Peas
- 1 cup Carrot (chopped)
- 1 cup Corn
- 2 cups Beef Broth
- 1 cup Yellow Onion (chopped)
- 1 1/3 tbsps Garlic (minced)
- 1 tsp Sea Salt & Black Pepper (to taste)
- 1 tsp Worcestershire Sauce (to taste)
- 1/2 cup Whole Wheat Flour

Directions

- 1 Turn crock pot onto low, add beef broth, Worcestershire sauce, spices, cut-up onion and minced garlic, and whisk in flour. Place pork shoulder carefully into crock coating all sides.
- 2 Peel and cut butternut squash into 2-inch cubes and place around the roast. Cook for 6-8 hours pull the roast apart like strings and take the rope off meat. Add frozen and canned veggies on top and let them steam for a while. Mix in once plump and serve hot.

Notes

Gluten Free: Can make this gluten-free by removing the Worcestershire sauce and adding gluten-free flour instead

Nutrition

Amount per serving	
Calories	385
Fat	8g
Saturated	3g
Polyunsaturated	1g
Monounsaturated	3g
Carbs	20g
Fiber	4g
Sugar	4g
Protein	55g
Sodium	281mg
Vitamin C	13mg
Iron	3mg