



 **54%**
HEALTH SCORE

Barbecue Stew

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



8

CALORIES



1367 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 18 oz smoky mesquite barbecue sauce
- 1 tablespoon barbecue seasoning
- 3 lb pork loin roast boneless
- 14 oz chicken broth canned
- 32 oz chicken broth
- 1 cup kernel corn whole frozen
- 29 oz fire-roasted tomatoes diced canned
- 24 oz olive oil frozen

- 0.5 teaspoon salt
- 22 oz sweet potato fries frozen
- 32 oz vegetable soup mix frozen

Equipment

- frying pan
- oven
- grill
- aluminum foil
- dutch oven

Directions

- Preheat oven to 350
- Rinse and pat roast dry. Rub barbecue seasoning over roast.
- Place in an aluminum foil-lined 13- x 9-inch pan.
- Pour barbecue sauce and 1 (14-oz.) can chicken broth over roast. Cover tightly with aluminum foil.
- Bake at 350 for 1 1/2 hours or until fork tender.
- Remove roast from pan, reserving drippings in pan. Shred roast with 2 forks.
- Carefully pour drippings into a Dutch oven.
- Add shredded pork, 1 (32-oz.) container chicken broth, and next 4 ingredients. Bring to a boil over medium-high heat; reduce heat to medium-low, and simmer, stirring occasionally, 30 minutes.
- Meanwhile, prepare oven fries and sweet potato fries according to package directions; serve with stew.
- *2 (5-oz.) cans diced tomatoes may be substituted.
- Note: For testing purposes only, we used McCormick Grill Mates Barbecue Seasoning; Alexia Olive Oil, Rosemary, & Garlic Oven Fries; and Alexia Sweet Potato Julienne Fries.
- To make ahead: Prepare recipe through Step Store in an airtight container in refrigerator up to 4 days. Reheat in a large Dutch oven while the oven preheats to cook fries.

Nutrition Facts

PROTEIN 16.92% FAT 63.82% CARBS 19.26%

Properties

Glycemic Index:12.88, Glycemic Load:12.57, Inflammation Score:-10, Nutrition Score:42.66217368582%

Flavonoids

Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 1367.46kcal (68.37%), Fat: 97.65g (150.23%), Saturated Fat: 15.25g (95.29%), Carbohydrates: 66.31g (22.1%), Net Carbohydrates: 57.86g (21.04%), Sugar: 27.35g (30.39%), Cholesterol: 134.24mg (44.74%), Sodium: 1832.72mg (79.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 58.26g (116.53%), Vitamin A: 17511.39IU (350.23%), Vitamin E: 13.41mg (89.4%), Vitamin B6: 1.72mg (86.13%), Selenium: 58.58µg (83.69%), Vitamin B3: 13.65mg (68.24%), Vitamin B1: 1mg (66.59%), Vitamin K: 69.78µg (66.46%), Phosphorus: 590.31mg (59.03%), Potassium: 1418.87mg (40.54%), Manganese: 0.76mg (37.99%), Vitamin B2: 0.62mg (36.51%), Zinc: 5.34mg (35.63%), Fiber: 8.45g (33.8%), Iron: 5.33mg (29.61%), Magnesium: 115.99mg (29%), Vitamin B12: 1.39µg (23.1%), Vitamin B5: 2.19mg (21.91%), Copper: 0.43mg (21.55%), Vitamin C: 16.44mg (19.92%), Calcium: 143.33mg (14.33%), Folate: 51.72µg (12.93%), Vitamin D: 0.73µg (4.87%)