



Barbecue Stew

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

READY IN



45 min.

SERVINGS



8

CALORIES



1440 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

- 0.5 teaspoon salt
- 22 oz sweet potatoes and into frozen
- 32 oz savory vegetable frozen
- 32 oz savory vegetable frozen

Equipment

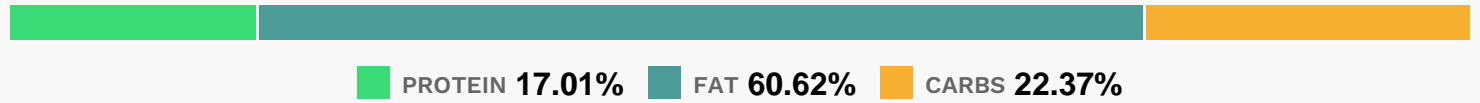
- frying pan
- oven
- grill
- aluminum foil
- dutch oven

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



Properties

Glycemic Index:18.5, Glycemic Load:17.4, Inflammation Score:-10, Nutrition Score:47.978695454805%

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: 1440.04kcal (72%), Fat: 98.24g (151.14%), Saturated Fat: 15.36g (95.98%), Carbohydrates: 81.57g (27.19%), Net Carbohydrates: 68.59g (24.94%), Sugar: 27.35g (30.39%), Cholesterol: 134.24mg (44.74%), Sodium: 1886.02mg (82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 62.04g (124.08%), Vitamin A: 23269.74IU (465.39%), Vitamin B6: 1.83mg (91.57%), Vitamin E: 13.41mg (89.4%), Selenium: 59.04µg (84.34%), Vitamin B1: 1.14mg (75.81%), Vitamin B3: 15.07mg (75.33%), Vitamin K: 69.78µg (66.46%), Phosphorus: 657.22mg (65.72%), Fiber: 12.98g (51.94%), Manganese: 1.04mg (51.83%), Potassium: 1659.28mg (47.41%), Vitamin B2: 0.72mg (42.18%), Zinc: 5.86mg (39.03%), Magnesium: 143.21mg (35.8%), Iron: 6.41mg (35.6%), Vitamin C: 28.23mg (34.22%), Copper: 0.54mg (26.83%), Vitamin B5: 2.38mg (23.75%), Vitamin B12: 1.39µg (23.1%), Folate: 84.6µg (21.15%), Calcium: 171.68mg (17.17%), Vitamin D: 0.73µg (4.87%)