



Braised Pork with Slow-Cooked Collards, Grits, and Tomato Gravy

 Dairy Free  Very Healthy

READY IN



160 min.

SERVINGS



4

CALORIES



479 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 teaspoon pepper black divided freshly ground
- 20 ounce boston butt pork shoulder boneless trimmed (Boston butt) (1 pound)
- 28.5 ounce canned tomatoes whole canned
- 1.5 tablespoons canola oil divided
- 2 cups no-salt-added chicken stock divided
- 8 cups collard greens trimmed chopped
- 1 ounce cremini mushrooms chopped

- 1 tablespoon flour all-purpose
- 2 garlic cloves minced
- 1 teaspoon kosher salt divided
- 1.5 teaspoons lower-sodium soy sauce
- 0.3 cup onion finely chopped
- 2 cups onion vertically sliced ()
- 0.5 cup quick-cooking grits uncooked
- 2 teaspoons sugar
- 2 cups water divided

Equipment

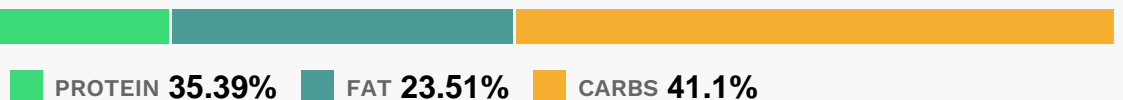
- bowl
- frying pan
- sauce pan
- oven
- whisk
- aluminum foil
- ziploc bags
- dutch oven
- cutting board

Directions

- Preheat oven to 32
- Heat a medium ovenproof saucepan over medium-high heat.
- Add 1 1/2 teaspoons oil; swirl to coat.
- Sprinkle pork with 1/2 teaspoon salt and 1/2 teaspoon pepper.
- Add pork to pan; cook for 8 minutes, browning on all sides. Discard oil from pan.
- Add 1/2 cup water, 1/2 cup stock, and soy sauce. Cover and bake at 325 for 2 hours or until very tender.

- Remove pork from pan; reserve liquid.
- Place pork on a cutting board; cover with foil.
- Let stand 10 minutes; cut into 4 slices.
- While pork cooks, heat a Dutch oven over medium heat.
- Add 1 1/2 teaspoons oil; swirl to coat.
- Add sliced onion and 1/4 teaspoon salt; cook 2 minutes or until golden, stirring occasionally.
- Add 1/2 cup water, 1/2 cup stock, greens, and sugar. Bring to a boil. Cover; reduce heat, and simmer 25 minutes or until tender, stirring occasionally.
- Remove 1 cup tomato liquid from can; reserve remaining liquid and tomatoes for another use.
- Combine 1 cup tomato liquid and flour in a medium bowl, stirring with a whisk.
- Place a zip-top plastic bag inside a 2-cup glass measure.
- Pour pork cooking liquid into bag; let stand for 5 minutes (fat will rise to the top). Seal bag; snip off 1 bottom corner of bag.
- Drain liquid into tomato mixture, stopping before fat layer reaches the opening; discard fat. Return the pan to medium-high heat.
- Add remaining 1 1/2 teaspoons oil to pan; swirl to coat.
- Add chopped onion and mushrooms; saut for 2 minutes.
- Add tomato mixture to saucepan; bring to a boil. Cook until reduced to 1 cup (about 10 minutes).
- While gravy cooks, bring remaining 1 cup water, 1 cup stock, 1/4 teaspoon salt, 1/4 teaspoon pepper, and garlic to a boil in a medium saucepan. Gradually add grits, stirring constantly with a whisk. Reduce heat; simmer 5 minutes or until liquid is absorbed, stirring frequently.
- Serve grits with gravy, pork, and greens.

Nutrition Facts



Properties

Glycemic Index:74.77, Glycemic Load:8.68, Inflammation Score:-10, Nutrition Score:48.441304696157%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 4.68mg, Isorhamnetin: 4.68mg, Isorhamnetin: 4.68mg, Isorhamnetin: 4.68mg Kaempferol: 6.9mg, Kaempferol: 6.9mg, Kaempferol: 6.9mg, Kaempferol: 6.9mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 20.82mg, Quercetin: 20.82mg, Quercetin: 20.82mg, Quercetin: 20.82mg

Nutrients (% of daily need)

Calories: 479.16kcal (23.96%), Fat: 12.92g (19.87%), Saturated Fat: 2.51g (15.7%), Carbohydrates: 50.79g (16.93%), Net Carbohydrates: 41.37g (15.04%), Sugar: 17.41g (19.34%), Cholesterol: 88.65mg (29.55%), Sodium: 1186.71mg (51.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.74g (87.48%), Vitamin K: 330.35µg (314.62%), Vitamin B3: 19.92mg (99.62%), Vitamin B1: 1.32mg (88.17%), Vitamin B6: 1.71mg (85.58%), Vitamin A: 4055.61IU (81.11%), Vitamin B2: 1.1mg (64.54%), Selenium: 44.56µg (63.65%), Vitamin C: 51.61mg (62.56%), Manganese: 1.13mg (56.48%), Phosphorus: 513.95mg (51.39%), Potassium: 1621.79mg (46.34%), Folate: 177.5µg (44.37%), Fiber: 9.43g (37.7%), Vitamin E: 5.25mg (35.02%), Copper: 0.7mg (35%), Magnesium: 124.45mg (31.11%), Iron: 5.53mg (30.74%), Calcium: 281.87mg (28.19%), Zinc: 4.1mg (27.33%), Vitamin B5: 2.45mg (24.53%), Vitamin B12: 1.24µg (20.67%)