



Cuban Pork Shoulder with Beans and Rice



Gluten Free



Dairy Free

READY IN



525 min.

SERVINGS



8

CALORIES



526 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 1.5 teaspoons pepper black divided freshly ground
- ☐ 2.5 pound boston butt pork shoulder bone-in trimmed
- ☐ 2.8 cups chicken stock see unsalted (such as Swanson)
- ☐ 0.5 cup cilantro stems chopped
- ☐ 2.7 cups rice white hot cooked
- ☐ 1.5 teaspoons pepper red crushed
- ☐ 1 pound black beans dried

- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 10 garlic cloves divided crushed
- ☐ 2 teaspoons ground cumin
- ☐ 1 jalapeno seeded thinly sliced
- ☐ 1.8 teaspoons kosher salt divided
- ☐ 2.3 cups onion divided chopped
- ☐ 1 medium cranberry-orange relish quartered
- ☐ 1 cup orange juice fresh (4 oranges)
- ☐ 0.3 cup oregano fresh divided chopped
- ☐ 2 teaspoons paprika
- ☐ 4 slices center-cut bacon chopped
- ☐ 1.5 cups tomatoes chopped

Equipment

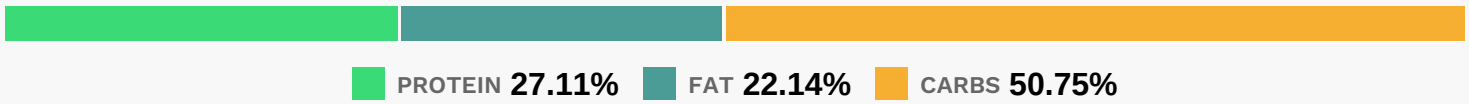
- ☐ bowl
- ☐ frying pan
- ☐ sieve
- ☐ blender
- ☐ slotted spoon
- ☐ slow cooker

Directions

- ☐ Combine first 4 ingredients in a blender; process until smooth. Strain through a fine sieve over a bowl; discard solids. Stir in 3/4 teaspoon salt and 3/4 teaspoon black pepper.
- ☐ Place bacon in a large skillet over medium heat; cook 5 minutes or until crisp.
- ☐ Remove bacon with a slotted spoon.
- ☐ Place bacon in a 6-quart electric slow cooker.
- ☐ Sprinkle pork with 1/2 teaspoon salt and 1/2 teaspoon black pepper. Return skillet to medium-high heat.

- ☐ Add pork to drippings in skillet; cook 8 minutes, turning to brown on all sides.
- ☐ Add pork shoulder to slow cooker.
- ☐ Pour uncooked beans around pork.
- ☐ Return skillet to medium-high heat.
- ☐ Add 2 cups onion and 6 garlic cloves; saut 3 minutes.
- ☐ Add 3 tablespoons oregano, paprika, cumin, and crushed red pepper to pan; saut 1 minute.
- ☐ Add orange mixture and bay leaf to pan; bring to a boil and cook 1 minute, scraping pan to loosen browned bits.
- ☐ Pour onion mixture over pork. Cover and cook on LOW for 8 hours or until pork is very tender and beans are done. Shred pork; discard bones. Discard bay leaf. Stir in 1/4 teaspoon salt.
- ☐ Combine remaining 1/4 teaspoon salt, remaining 1/4 teaspoon black pepper, remaining 1/4 cup onion, tomato, and jalapeo pepper in a bowl. Chop remaining 4 garlic cloves; stir into tomato mixture. Spoon 1/3 cup rice onto each of 8 plates; top each serving with 1/2 cup bean mixture, about 3 ounces pork, and 3 1/2 tablespoons salsa.
- ☐ Garnish with remaining 1 tablespoon oregano and 1/4 cup cilantro.

Nutrition Facts



Properties

Glycemic Index:56.44, Glycemic Load:19.92, Inflammation Score:-10, Nutrition Score:35.149999744218%

Flavonoids

Petunidin: 8.74mg, Petunidin: 8.74mg, Petunidin: 8.74mg, Petunidin: 8.74mg Delphinidin: 10.49mg, Delphinidin: 10.49mg, Delphinidin: 10.49mg, Delphinidin: 10.49mg Malvidin: 6.02mg, Malvidin: 6.02mg, Malvidin: 6.02mg, Malvidin: 6.02mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 8.17mg, Hesperetin: 8.17mg, Hesperetin: 8.17mg, Hesperetin: 8.17mg Naringenin: 3.36mg, Naringenin: 3.36mg, Naringenin: 3.36mg, Naringenin: 3.36mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 2.25mg, Isorhamnetin: 2.25mg, Isorhamnetin: 2.25mg, Isorhamnetin: 2.25mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 10.4mg, Quercetin: 10.4mg, Quercetin: 10.4mg, Quercetin: 10.4mg

Nutrients (% of daily need)

Calories: 525.76kcal (26.29%), Fat: 13g (20.01%), Saturated Fat: 4.21g (26.31%), Carbohydrates: 67.06g (22.35%), Net Carbohydrates: 55.25g (20.09%), Sugar: 9.59g (10.65%), Cholesterol: 67.67mg (22.56%), Sodium: 781.24mg

(33.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.82g (71.64%), Vitamin B1: 1.44mg (95.71%), Folate: 294.28µg (73.57%), Manganese: 1.19mg (59.31%), Selenium: 36.41µg (52.01%), Phosphorus: 477.25mg (47.73%), Fiber: 11.82g (47.27%), Potassium: 1564.98mg (44.71%), Vitamin C: 35.96mg (43.59%), Vitamin B6: 0.84mg (42.1%), Zinc: 5.6mg (37.34%), Copper: 0.74mg (37.16%), Magnesium: 148.26mg (37.07%), Vitamin B3: 7.41mg (37.03%), Iron: 5.67mg (31.49%), Vitamin B2: 0.53mg (31.05%), Vitamin K: 21.56µg (20.53%), Vitamin B5: 1.74mg (17.38%), Vitamin A: 866.4IU (17.33%), Calcium: 154.32mg (15.43%), Vitamin B12: 0.78µg (13.02%), Vitamin E: 1.1mg (7.33%)