



Mexican Pork Stew



Gluten Free



Dairy Free

READY IN



116 min.

SERVINGS



25

CALORIES



597 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 medium size baking potatoes diced peeled
- ☐ 1 bunch cilantro leaves
- ☐ 22 oz regular corn yellow with red and green bell peppers canned
- ☐ 50 2-inch taco-size corn tortillas soft
- ☐ 10 oz mild enchilada sauce red canned
- ☐ 3 garlic cloves
- ☐ 6 green onions trimmed
- ☐ 25 servings toppings: lemon wedges diced shredded

- ☐ 1 teaspoon pepper
- ☐ 2.5 pounds pork shoulder roast boneless
- ☐ 1 teaspoon salt
- ☐ 25 servings salt to taste
- ☐ 25 servings kitchen string

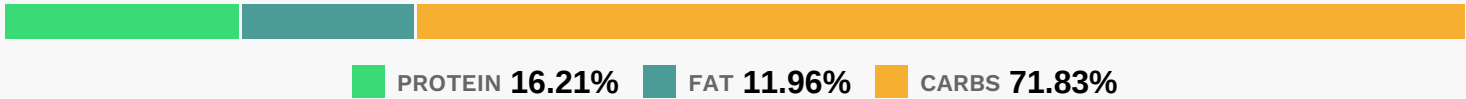
Equipment

- ☐ frying pan
- ☐ dutch oven
- ☐ kitchen twine

Directions

- ☐ Tie green onions and cilantro together with kitchen string. Trim and discard fat from pork, and cut pork into 1/4-inch pieces. Season with salt and pepper.
- ☐ Cook pork, in 3 batches, in a large Dutch oven over medium-high heat 5 to 7 minutes or until browned. Bring pork, garlic, and 6 cups water to a boil; skim fat, and discard. Cover, reduce heat to low, and simmer 30 minutes or until meat is tender. Stir in onion-and-cilantro bundle, enchilada sauce, and potatoes. Bring to a boil over medium-high heat; reduce heat to low, and simmer 20 minutes or just until potatoes are tender.
- ☐ Meanwhile, heat tortillas, 1 at a time, in a hot nonstick skillet over medium-high heat 20 to 30 seconds on each side. Wrap tortillas in a towel to keep warm.
- ☐ Remove and discard onion-and-cilantro bundle. Increase heat to medium. Stir in corn, and cook, uncovered, stirring occasionally, 8 to 10 minutes or until thoroughly heated. Season with salt to taste.
- ☐ Serve soup with desired toppings and warm tortillas.
- ☐ Note: Store any leftovers in an airtight container in the refrigerator up to 2 days. When reheating, add water or canned broth to reach desired consistency.

Nutrition Facts



Properties

Glycemic Index:13.71, Glycemic Load:47.78, Inflammation Score:-8, Nutrition Score:29.337391272835%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 1.27mg, Luteolin: 1.27mg, Luteolin: 1.27mg, Luteolin: 1.27mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.55mg, Quercetin: 2.55mg, Quercetin: 2.55mg, Quercetin: 2.55mg

Nutrients (% of daily need)

Calories: 596.71kcal (29.84%), Fat: 8.23g (12.66%), Saturated Fat: 1.57g (9.81%), Carbohydrates: 111.19g (37.06%), Net Carbohydrates: 94.36g (34.31%), Sugar: 5.36g (5.95%), Cholesterol: 27.22mg (9.07%), Sodium: 517.83mg (22.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.1g (50.19%), Phosphorus: 857.11mg (85.71%), Fiber: 16.83g (67.31%), Vitamin B6: 1.03mg (51.34%), Magnesium: 197.09mg (49.27%), Manganese: 0.95mg (47.44%), Vitamin B3: 8.5mg (42.49%), Vitamin B1: 0.58mg (38.88%), Selenium: 26.09µg (37.27%), Vitamin C: 29.24mg (35.44%), Vitamin K: 32.89µg (31.33%), Zinc: 4.1mg (27.36%), Vitamin B2: 0.43mg (25.44%), Potassium: 839.86mg (24%), Copper: 0.46mg (23.17%), Iron: 4.14mg (23.03%), Calcium: 216.65mg (21.66%), Vitamin A: 603.17IU (12.06%), Folate: 36.61µg (9.15%), Vitamin B5: 0.9mg (9.03%), Vitamin E: 1.02mg (6.8%), Vitamin B12: 0.39µg (6.58%)