

 52%
HEALTH SCORE

Pork and Squash Stew with Chiles



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



435 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pepper red crushed
- ☐ 6 servings pepper black freshly ground
- ☐ 3 pound pork shoulder boneless cut into 2" pieces (Boston butt)
- ☐ 1 sprigs cilantro leaves (for serving)
- ☐ 1 delicata squash seeds removed, cut into 1/2"-thick slices
- ☐ 10 garlic clove divided finely chopped
- ☐ 1 tablespoon ground coriander
- ☐ 6 guajillo chiles* dried

- ☐ 1 tablespoon kosher salt plus more
- ☐ 0.3 cup juice of lime fresh
- ☐ 4 sprigs oregano
- ☐ 0.5 cup pumpkin seeds raw shelled
- ☐ 0.5 small onion red thinly sliced
- ☐ 2 tablespoons vegetable oil
- ☐ 2 large onion yellow divided cut into 1/8"-thick wedges,

Equipment

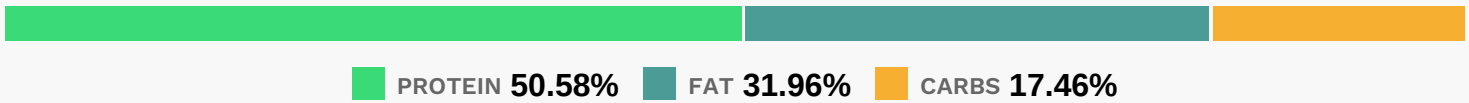
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ pot
- ☐ blender
- ☐ dutch oven

Directions

- ☐ Combine pork, coriander, half of garlic, and 1 tablespoon salt in a large bowl; season with pepper and toss. Cover; chill at least 4 hours.
- ☐ Preheat oven to 350°F. Toast pumpkin seeds on a rimmed baking sheet, tossing occasionally, until golden, about 5 minutes; set aside.
- ☐ Toast chiles on clean baking sheet until slightly darkened, about 5 minutes.
- ☐ Let cool slightly, then remove stems, and seeds, if you prefer less heat.
- ☐ Place chiles, half of yellow onion, remaining garlic, and 1 cup hot water in a blender; let sit 10 minutes to soften chiles. Blend until smooth; set chile purée aside.
- ☐ Heat oil in a large Dutch oven over medium-high heat. Working in batches, cook pork, turning occasionally, until browned, 8–10 minutes; transfer to a plate.
- ☐ Pour off fat from pot. Cook chile purée in pot over medium-high heat, stirring occasionally, until reduced by half, 8–10 minutes.

- ☐
- Add pork, oregano, remaining yellow onion, and 10 cups water to pot; season with salt and pepper. Bring to a boil, reduce heat, and simmer, partially covered, skimming occasionally, until pork is very tender, 3–3 1/2 hours.
- ☐
- Add squash to stew and cook, uncovered, until pork is falling apart and squash is soft, 30–35 minutes; season with salt and pepper.
- ☐
- Toss red onion and lime juice in a small bowl; let sit, tossing occasionally, 30 minutes.
- ☐
- Serve stew with red onion, cilantro, and reserved pumpkin seeds.
- ☐
- DO AHEAD: Pork can be marinated 2 days ahead; keep chilled. Stew can be made 3 days ahead; let cool, then cover and chill.

Nutrition Facts



Properties

Glycemic Index:27.17, Glycemic Load:1.74, Inflammation Score:-10, Nutrition Score:38.590869675512%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.96mg, Isorhamnetin: 2.96mg, Isorhamnetin: 2.96mg, Isorhamnetin: 2.96mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 12.35mg, Quercetin: 12.35mg, Quercetin: 12.35mg, Quercetin: 12.35mg

Nutrients (% of daily need)

Calories: 435.01kcal (21.75%), Fat: 15.47g (23.8%), Saturated Fat: 3.7g (23.12%), Carbohydrates: 19g (6.33%), Net Carbohydrates: 14.43g (5.25%), Sugar: 5.96g (6.63%), Cholesterol: 136.08mg (45.36%), Sodium: 1296.57mg (56.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 55.08g (110.15%), Vitamin B3: 22.93mg (114.65%), Vitamin B1: 1.55mg (103.16%), Vitamin B6: 1.94mg (97.18%), Selenium: 60.75µg (86.79%), Vitamin B2: 1.19mg (69.72%), Phosphorus: 640.09mg (64.01%), Vitamin A: 2024.8IU (40.5%), Potassium: 1379.87mg (39.42%), Zinc: 5.28mg (35.22%), Manganese: 0.69mg (34.39%), Vitamin B12: 1.97µg (32.89%), Magnesium: 118.86mg (29.72%), Vitamin B5: 2.57mg (25.74%), Vitamin C: 19.76mg (23.95%), Iron: 4.02mg (22.31%), Vitamin K: 23.36µg (22.25%), Copper: 0.37mg (18.31%), Fiber: 4.57g (18.29%), Folate: 38.81µg (9.7%), Calcium: 93.84mg (9.38%), Vitamin E: 1.17mg (7.82%)