



HEALTH SCORE

52%

Spicy Pork Stew with Chickpeas and Sausage



Gluten Free



Dairy Free



Popular

READY IN



200 min.

SERVINGS



10

CALORIES



397 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon olive oil extra virgin
- ☐ 3 pounds boston butt pork shoulder cut into 1-2 inch chunks
- ☐ 10 servings salt
- ☐ 1 large onion chopped
- ☐ 1 large carrots chopped
- ☐ 1 cloves all of the from 1 head garlic peeled chopped
- ☐ 1 pound mild sausage links to package directions and coin gluten-free italian spanish hot for option (not loose) (use sausages)
- ☐ 15 ounce canned tomatoes crushed canned

- ☐ 3.5 cups water
- ☐ 2 tablespoons paprika sweet
- ☐ 1 teaspoon paprika red hot (can sub)
- ☐ 1 teaspoons paprika smoked
- ☐ 30 ounce chickpeas drained and rinsed canned
- ☐ 1 bunch parsley chopped

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ Brown the pieces of pork shoulder in olive oil, sprinkle with salt:
- ☐ Heat the olive oil in a large pot over medium-high heat. Working in batches to ensure that you do not crowd the pan, brown the pieces of pork shoulder.
- ☐ If there is a fatty side to a chunk of pork, put that side down on the pan to help render out the fat.
- ☐ Sprinkle a little salt over the pork as it cooks. Once browned, set aside to a bowl.
- ☐ Sauté onions, carrots, garlic: Once the pork pieces have browned and have been removed from the pan, drain off all but a couple tablespoons of fat from the pan.
- ☐ Add the chopped onions and carrots to the pan. Stir well and scrape up any bits from the bottom of the pot. Cook over medium-high heat until the onions start to brown.
- ☐ Add the chopped garlic and cook for another minute.
- ☐ Add browned pork, sausage, tomatoes, water, paprikas, salt, then simmer 2 hours:
- ☐ Add the pork, the sausage, crushed tomatoes and water, then stir to combine. Stir in the various paprikas.
- ☐ Add salt to taste.
- ☐ Bring to a simmer and cook for at least 2 hours, or until the pork shoulder is melt-in-your mouth tender.

- ☐
- Cut up the sausage links and return to the pot, add chickpeas, parsley:
- ☐
- Remove the sausages from the pot and cut them into chunks, then return them to the pot.
- ☐
- Add the chickpeas and parsley, stir well and adjust salt to taste. Cook for 5 minutes further.
- ☐
- Excellent served with crusty bread and red wine.

Nutrition Facts

PROTEIN

28.31%

FAT

53.27%

CARBS

18.42%

Properties

Glycemic Index:27.22, Glycemic Load:4.74, Inflammation Score:-9, Nutrition Score:28.941304372705%

Flavonoids

Apigenin: 12.28mg, Apigenin: 12.28mg, Apigenin: 12.28mg, Apigenin: 12.28mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.86mg, Myricetin: 0.86mg, Myricetin: 0.86mg, Myricetin: 0.86mg Quercetin: 3.08mg, Quercetin: 3.08mg, Quercetin: 3.08mg, Quercetin: 3.08mg

Nutrients (% of daily need)

Calories: 397.15kcal (19.86%), Fat: 23.63g (36.35%), Saturated Fat: 7.6g (47.51%), Carbohydrates: 18.38g (6.13%), Net Carbohydrates: 12.55g (4.56%), Sugar: 3.08g (3.42%), Cholesterol: 90.09mg (30.03%), Sodium: 898.37mg (39.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.25g (56.49%), Vitamin K: 99.09µg (94.37%), Vitamin B1: 1.07mg (71.56%), Selenium: 37.97µg (54.24%), Vitamin A: 2639.86IU (52.8%), Vitamin B6: 1.02mg (51.09%), Manganese: 0.88mg (44.15%), Phosphorus: 329.99mg (33%), Vitamin B3: 6mg (30.01%), Zinc: 4.31mg (28.76%), Vitamin B2: 0.41mg (23.97%), Fiber: 5.83g (23.32%), Iron: 3.94mg (21.89%), Potassium: 763.04mg (21.8%), Vitamin B12: 1.11µg (18.5%), Copper: 0.37mg (18.5%), Vitamin C: 14.79mg (17.93%), Magnesium: 64.52mg (16.13%), Vitamin B5: 1.39mg (13.91%), Folate: 48.3µg (12.08%), Vitamin E: 1.37mg (9.12%), Calcium: 85.19mg (8.52%)