

Pork Roast with Apples and Onions

Yield: 8 min

Total Time: 135 min

Recipe from: <https://www.recipeschoose.com/recipes/peruvian-pork-recipe>

Ingredients:

- pork
- 3 tablespoons olive oil
- 1 whole pork shoulder roast also Called Pork Butt
- salt
- pepper
- 4 cups apple juice
- 1 cup beef stock
- 3 whole apples Cored And Cut Into Wedges
- 3 whole onions Medium, Sliced
- 1 whole bay leaf
- wild rice
- 2 1/2 cups wild rice
- 4 cups water
- 3 cups chicken stock
- 4 tablespoons butter
- 1/2 cup chopped pecans

Nutrition:

1. Calories: 460 calories
2. Carbohydrate: 61 grams
3. Cholesterol: 25 milligrams
4. Fat: 18 grams
5. Fiber: 5 grams
6. Protein: 15 grams
7. SaturatedFat: 5 grams
8. Sodium: 350 milligrams
9. Sugar: 18 grams

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