

SLOW-BRAISED PORK SHOULDER

Yield: 4 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/chipotle-mexican-grill-braised-pork-shoulder-recipe>

Ingredients:

- 1 pound boneless pork shoulder
- salt
- pepper
- olive oil
- 1 yellow onion large, finely diced
- 1 Fuji Apple diced
- 1 garlic clove minced
- 1 cumin + tsp
- 1/2 coriander + tsp
- 1/2 teaspoon dried oregano
- 1 chipotle pepper in adobo sauce finely chopped with additional sauce
- 14 ounces diced tomatoes with juices
- 1 cup chicken stock
- 1/3 cup white wine
- 14 ounces red kidney beans rinsed and drained
- 1 polenta tube packaged, or make your own
- manchego cheese grated

Nutrition:

1. Calories: 420 calories
2. Carbohydrate: 42 grams
3. Cholesterol: 70 milligrams
4. Fat: 16 grams
5. Fiber: 5 grams
6. Protein: 38 grams
7. SaturatedFat: 3.5 grams

8. Sodium: 770 milligrams

9. Sugar: 12 grams

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