

Pumpkin Cream Sauce with Ground Pork

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/ground-pork-swiss-chard-meal-delivery-recipe>

Ingredients:

- 1 tablespoon olive oil
- 1 pound ground pork
- 1 shallot large, minced
- 1 garlic clove minced
- 1 cup chicken stock
- 1 cup pumpkin puree
- 1/2 cup heavy whipping cream
- 4 sage leaves roughly chopped
- 1 tablespoon rosemary chopped
- 1 tablespoon thyme
- 1 large egg
- 1/2 cup Gruyere cheese
- salt
- pepper

Nutrition:

1. Calories: 590 calories
2. Carbohydrate: 18 grams
3. Cholesterol: 190 milligrams
4. Fat: 45 grams
5. Fiber: 5 grams
6. Protein: 30 grams
7. SaturatedFat: 20 grams
8. Sodium: 570 milligrams
9. Sugar: 3 grams

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