

# Slow Cooked Italian Pork Shoulder

Yield: 4 min  
Total Time: 50 min

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

## Ingredients:

- 2 tablespoons butter
- 2 tablespoons olive oil
- 1 cup flour
- 2 tablespoons rub Zestuous
- 4 pounds pork shoulder
- 1/2 white onion chopped
- 1 poblano seeded and chopped
- 2 celery stalks chopped
- 3 cloves garlic minced
- 14 1/2 ounces tomatoes
- 1/2 cup red wine
- 1/2 cup beef stock
- 3 sprigs thyme
- 1 bay leaf
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper

## Nutrition:

1. Calories: 980 calories
2. Carbohydrate: 37 grams
3. Cholesterol: 320 milligrams
4. Fat: 45 grams
5. Fiber: 4 grams
6. Protein: 97 grams
7. SaturatedFat: 14 grams
8. Sodium: 760 milligrams
9. Sugar: 7 grams

Thank you for visiting our website. Hope you enjoy Slow Cooked Italian Pork Shoulder above. You can see more 17 italian pork shoulder recipe Experience flavor like never before! to get more great cooking ideas.