

Pork

Braised Pork and Butternut Squash

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Servings: 4

Preparation Time: 20 minutes

Cook time: 50 minutes

1 pound boneless pork shoulder, cut into 1 1/2-inch pieces

1 teaspoon salt

1/4 teaspoon ground black pepper

1 tablespoon olive oil

1 medium fresh poblano chile pepper, seeded and chopped

1/2 cup (1 medium) onion, chopped

2 cloves garlic, minced

2 tablespoons tequila or cider vinegar

1 can (14.5 oz) chicken broth

1 teaspoon ground cumin

1 1/2 pounds butternut squash, peeled and cut into 1-inch pieces

small fresh sage leaves

Trim the fat from the meat. Sprinkle with 1/2 teaspoon of the salt and the pepper.

In a large skillet, heat the oil over medium-high heat.

Add the pork and cook until browned.

Remove the pork from the skillet. Drain all but one tablespoon of fat from the skillet.

Add the chile pepper, onion and garlic to the skillet.

Cook and stir for about 5 minutes or until tender. Remove the skillet from the heat.

Carefully add the tequila to the skillet. Return to the heat. Cook, stirring to scrape up any browned bits from the bottom of the skillet.

Add the broth to the skillet. Bring to a boil.

Stir in the pork, cumin and the remaining salt. Return to a boil. Reduce the heat and simmer, covered, for 20 minutes.

Add the squash. Simmer, covered, for 30 to 40 minutes or until the pork and squash are tender.

Sprinkle with sage before serving.

Per Serving (excluding unknown items): 113 Calories; 4g Fat (29.1% calories from fat); 3g Protein; 19g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 731mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1/2 Fat.