



Pork Shoulder with Broccoli Raab

Active Time: 10 minutes | **Total Time:** 10 minutes | **Serves:** 2

Nutrition Information Per Serving

440.1 calories, 1.6 g carbohydrate, 1.51 g fiber, 0.09000000000000001 g NET carbs, 34.62 g protein, 32.27 g fat

Ingredients

- 12 ounce(s) pastured pork shoulder, cooked
- 1/4 pound(s) broccoli raab
- 1/4 tsp(s) sea salt
- 2 Tbsp(s) pastured pork lard
- 1 Tbsp extra virgin olive oil

Preparation

1. In a large skillet, add the lard and a few tablespoons of reserved pork broth over medium heat. Add the cooked pork and simmer to reheat. Cover and set aside.
2. In another skillet, add a quarter cup of reserved pork broth. Add the broccoli raab and turn the heat to medium-high. Cover and steam 3-4 minutes, turning after a minute, until bright green and crisp-tender. Sprinkle with sea salt and drizzle with olive oil.
3. Serve.

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