



## Instant Pot Pork, Pumpkin and Kale Stew

Active Time: 20 minutes | Total Time: 1 hour | Serves: 12

### Nutrition Information Per Serving

339.6 calories, 12.92 g carbohydrate, 6.6 g fiber, 6.32 g NET carbs, 23.63 g protein, 22.71 g fat

#### Ingredients

- 6 cup(s) Pacific Organic Bone Broth (Chicken)
- 36 ounce(s) pork shoulder
- 2 cup(s) cooked pumpkin
- 6 Tbsp(s) pastured pork lard
- 1 small yellow onion, diced
- 2 tsp(s) ground cumin
- 2 tsp(s) garlic powder
- 1 tsp smoked paprika
- 1 tsp sea salt
- 3 cup(s) chopped organic kale
- 1 cup cilantro
- 1 whole lime, cut into wedges
- 4 medium(s) avocados, diced
- 1 cup canned chopped green chiles

#### Preparation

1. Cut the pork shoulder into 1 inch cubes. In a small bowl, combine the salt, cumin, smoked paprika, and garlic powder.
2. Add lard to Instant Pot vessel and turn to Saute. When melted, add the onion and cook, stirring 2 minutes.
3. Add the cut up pork shoulder, spices, pumpkin, green chiles and broth and stir to combine.
4. Close and lock the lid. Set to Manual then HIGH pressure and 30 minutes.
5. When the time is up, let the pressure release naturally or do a quick release.
6. Add the chopped kale and stir.
7. Ladle the soup into bowl, top with cilantro and avocado, & garnish with lime & and serve.

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