

PORK BURGOO



Prep time: **15 minutes**



Cook time: **1 hour, 20 minutes**



Serves **6-8**

Ingredients

- 1 tbsp canola oil
- 1 lb pork loin roast, trimmed and cubed
- 1 tsp garlic powder
- 4 cups low-sodium chicken or vegetable broth
- 2 cups red potatoes, quartered
- 1 cup frozen corn
- 1 cup frozen lima beans
- 1 bag (10 oz) frozen carrots, celery, and onions mix
- 1 can (28 oz) no-salt-added diced tomatoes
- 1 tbsp no-salt-added tomato paste
- 2 tsp poultry seasoning
- ½ tsp black pepper
- 2 bay leaves
- 1 tbsp Worcestershire sauce (low-sodium, if available)
- Hot sauce for serving



Instructions

1. Heat canola oil in a large pot or Dutch oven over medium heat. Add the pork cubes and season with garlic powder. Sear the pork for 3-4 minutes until lightly browned on all sides.
2. Add the low-sodium broth and red potatoes to the pot. Bring to a boil, then reduce the heat to low and simmer for 15 minutes.
3. Stir in the frozen corn, lima beans, carrots, celery, and onion mix, and diced tomatoes.
4. Add the poultry seasoning, black pepper, and bay leaves. Stir to combine, cover, and simmer for 1–1.5 hours, stirring occasionally.
5. Remove the bay leaves before serving. Adjust seasoning with additional black pepper if needed.
6. Serve warm with your favorite hot sauce and enjoy!



FOOD AS HEALTH *Alliance*

PORK BURGOO

This Kentucky classic gets a heart-healthy twist with lean pork loin, hearty potatoes, and a colorful mix of vegetables. Burgoo has long been a staple in Kentucky, and this version keeps it simple and affordable by using frozen produce and pantry staples. Packed with protein, fiber, and rich flavor, it's a wholesome one-pot meal that connects farming tradition with nutritious, everyday cooking.

Nutrition Facts	
Portion Size	448 g
Amount Per Portion	
Calories	246
% Daily Value *	
Total Fat 4.4g **	6 %
Saturated Fat 1g **	5 %
Cholesterol 74mg **	25 %
Sodium 182mg	8 %
Total Carbohydrate 22g	8 %
Dietary Fiber 4g **	14 %
Sugar 5.5g **	
Protein 28g	56 %
Vitamin D 0.2mcg **	1 %
Calcium 36mg **	3 %
Iron 2mg **	11 %
Potassium 715mg **	15 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.	
** Amount is based on ingredients that specify value for this nutrient and 0 for those that don't.	

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