

Pork and Bean Stew

*Best Slow Cooker Recipes
Pillsbury Classic Cookbooks #370*

Servings: 12

*1 can (55 ounce) baked beans with
bacon and brown sugar sauce,
undrained
2 cups shredded smoked pork
1 can (14.5 ounce) fire-roasted diced
tomatoes with roasted garlic,
undrained
1 bag (12 ounce) frozen onions,
celery, bell pepper and parsley
seasoning blend, thawed
1 box (9 ounces) frozen baby lima
beans, thawed
1 cup water
1/2 cup barbecue sauce
red pepper sauce, if desired*

Preparation Time: 10 minutes

Spray a five- to six-quart slow cooker with cooking spray.

In a slow cooker, mix all of the ingredients except the pepper sauce.

Cover and cook on LOW heat setting for eight hours.

Serve with the pepper sauce.

Start to Finish Time: 8 hours 10 minutes

Per Serving (excluding unknown items): 26 Calories; trace Fat (8.5% calories from fat); 1g Protein; 5g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 93mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Other Carbohydrates.

Slow Cooker, Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	26
% Calories from Fat:	8.5%
% Calories from Carbohydrates:	72.8%
% Calories from Protein:	18.7%
Total Fat (g):	trace
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	4mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refused:	0.0%

Cholesterol (mg):	0mg
Carbohydrate (g):	5g
Dietary Fiber (g):	1g
Protein (g):	1g
Sodium (mg):	93mg
Potassium (mg):	80mg
Calcium (mg):	7mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	2mg
Vitamin A (i.u.):	116IU
Vitamin A (r.e.):	11 1/2RE

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	0
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving

Calories	26	Calories from Fat: 2
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% Daily Values*

Total Fat	trace	0%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	93mg	4%
Total Carbohydrates	5g	2%
Dietary Fiber	1g	3%
Protein	1g	
Vitamin A		2%
Vitamin C		3%
Calcium		1%
Iron		2%

* Percent Daily Values are based on a 2000 calorie diet.