

# PORK BELLY, BEANS & PUMPKIN



## INGREDIENTS

- Serves 6
- 500g pork belly or pork spare ribs, cut into 2–3cm cubes
- 1 large onion, roughly chopped
- 2–3 garlic cloves, finely chopped (optional)
- 2 tsp fine sea salt
- ¼ tsp freshly ground black pepper, or to taste
- 750ml (3 cups) chicken or pork stock, or 500ml (2 cups) stock and 250ml (1 cup) filtered water
- 700g butternut pumpkin, cut into 2cm cubes
- 400g green beans, trimmed, halved

GLUTEN FREE, GRAIN FREE, DAIRY FREE, EGG FREE, NUT FREE, GAPS™ | VARIATION: LOW FODMAPS

*A deceptively simple recipe that results in soft and succulent pork belly with plenty of flavour! Swap pork belly for pork ribs (cut into pieces) if you want to reduce the cost of the dish.*

## METHOD

Place pork, onion, garlic (if using), salt, pepper and stock in a 4L heavy-based saucepan or stockpot and bring to the boil. Reduce heat to low, cover and cook for 1½ hours, or until pork is meltingly soft.

Add pumpkin and green beans, return to the boil, then reduce heat and simmer, partially covered, for 20–30 minutes, or until veggies are soft and stock is reduced to a sticky sauce.

Season to taste and serve.

### Variation

Low FODMAPS: Replace onion with finely sliced green leaves of 1 leek. Swap garlic for 2 tsp Garlic-Infused Olive Oil (pg xx) or omit.

### Serving suggestions

Serve in bowls with sauerkraut on the side.

### Storage

Store in the fridge for up to 3 days, or freeze in an airtight container for up to 4 months. If freezing, don't completely reduce the stock in the recipe so there is liquid to keep meat and veggies moist; or add a little extra stock to containers before freezing.

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Recipe by Jo Whitton of  
Quirky Cooking.  
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