



## Pork with Spicy Squash

*Crock Pot, Mexican, Pork, Spanish*

**Prep Time:** 20 minutes **Cook Time:** 8 hours **Difficulty:** Easy **Servings:** 3

### **INGREDIENTS**

1/2 boneless pork shoulder, about 3 lb., trimmed of visible fat

1 tbsp oil

1/2 large yellow onion, finely chopped

2 garlic cloves, smashed

1 tbsp dry white wine or white vermouth

1/4 cup chicken stock

1/2 butternut squash, about 1 lb., peeled and cut into 1-inch cubes

1/2 tbsp olive oi

### **For the Asian lime vinaigrette:**

1 tbsp extra virgin olive oil

1/2 tbsp low-sodium soy sauce

Juice of 1/2 lime

1 tsp sherry vinegar



## *Meals of HOPE*

1/2 tsp peeled and minced fresh ginger

1/16 tsp sugar

1/16 tsp salt

1/8 cup chopped fresh basil

1/8 cup coarsely chopped fresh cilantro

1/2 small red serrano chili, seeded and thinly sliced

### **DIRECTIONS**

Season the pork generously all over with salt and pepper. In a large fry pan over medium-high heat, warm the peanut oil. Add the pork and sear, turning as needed, until golden brown on all sides, about 10 minutes total. Transfer the pork to a slow cooker.

Pour off some of the fat from the fry pan and return the pan to medium-high heat. Add the onion and sauté until softened and lightly golden, about 7 minutes. Add the garlic and cook for 1 minute more. Pour in the sake and stir to scrape up the browned bits from the pan bottom. Stir in the stock and pour the contents of the pan over the pork. Cover and cook on high until the pork is very tender, about 8 hours.

About 30 minutes before the pork has finished cooking, preheat an oven to 450°F. In a small roasting pan, stir together the squash and olive oil. Season generously with salt and pepper. Roast, stirring every 5 minutes, until tender, about 15 minutes. Let the squash cool for 5 to 10 minutes, then transfer to a bowl.

Meanwhile, make the Asian lime vinaigrette: In a blender or mini food processor, combine the olive oil, soy sauce, lime juice, vinegar, ginger, sugar, Tabasco and salt and process for 15 seconds.

Add the vinaigrette, basil, cilantro and chilies to the bowl with the squash and stir to coat evenly.

Serve with noodles or rice.