

# Bigos (Hunter's Stew)

Yield: 25  
Serving Size: 1  
Portion Size: Approximately 6 oz  
Recipe View: Public  
Recipe ID: 580  
Status: Approved  
Contributed By: KRAKUS LUNCHEON CLUB  
NEIGHBORHOOD SC

Tags: > Entrée > Dairy-Free > Good Source of Potassium > Good Source of Vitamin C

## Ingredients

- >> 3 lb(s) cabbage, shredded
- >> 2 lb(s) sauerkraut, low sodium
- >> 1/2 lb(s) carrots, sliced
- >> 1/3 cup(s) mushrooms, sliced
- >> 1/2 lb(s) onions, chopped
- >> 1/4 cup(s) tomato paste, canned
- >> 1 1/2 Item bay leaves
- >> 1 tbsp(s) ground black pepper
- >> 6 cup(s) water (add more as needed)
- >> 7 1/4 lb(s) pork loin - raw, bone and skin removed
- >> 1/4 cup(s) vegetable oil

Nutrition Facts			
Serving Size 1 (Approximately 6 oz)			
Amount Per Serving			
Calories 173		Calories from Fat 48	
% Daily Value *			
Total Fat 5g		8%	
Saturated Fat 1g		6%	
Trans Fat 0g		0%	
Cholesterol 62mg		21%	
Sodium 181mg		8%	
Carbohydrate 7g		2%	
Dietary Fiber 3g		12%	
Sugar 4g			
Protein 24g		47%	
Vitamin A	32%	• Calcium	5%
Vitamin C	45%	• Iron	11%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			

## Directions

- >> 1. Heat oil in a pot and brown pork. Add cabbage, mushrooms, carrots and water.
- >> 2. Bring water, cabbage, mushrooms and carrots to a boil.
- >> 3. Once the carrots are tender, add the sauerkraut.
- >> 4. Then, add onions to the mixture. Add tomato paste and mix all together.
- >> 5. Add remaining seasonings and bring to another boil. Ensure internal temperature of pork reaches a safe minimum of 155°F prior to serving.

## Recommendations

- >> It is recommended that canned beans and vegetables contain no more than 250 mg sodium per serving. Canned beans and vegetables used in this recipe have less than 250 mg sodium per serving.
- >> It is recommended that canned tomato products contain no more than 100 mg sodium per serving. Canned tomato products used in this recipe have less than 100 mg sodium per serving.

## Requirements

- >> The NYC Food Standards require that canned/frozen vegetables and beans contain <=290 mg sodium per serving.