

Keto Instant Pot Red Wine Pork Stew

Hands-on 10 minutes Overall 1 hour

Nutritional values (per serving): Total carbs: 6.3 g, Fiber: 1.9 g, **Net carbs: 4.4 g,**

Protein: 27 g, Fat: 41 g, Calories: 547 kcal,

Original recipe, Keto Diet App - The ultimate low-carb diet app



Ingredients (makes 4 servings)

- 1/4 cup olive oil *or ghee* (60 ml/ 2 fl oz)
 - 3 cloves garlic, minced
 - 1 small red onion, diced (60 g/ 2.1 oz)
 - 1 tsp fresh rosemary *or* 1/2 tsp dried rosemary
 - 1 tsp fresh thyme *or* 1/2 tsp dried thyme
 - 1/2 tsp cayenne pepper, or to taste
 - 1/2 tsp black pepper
 - 1 tsp sea salt, or to taste
 - 2 tbsp American *or* Dijon mustard (30 ml)
 - 1 cup crushed tomatoes (240 g/ 8.5 oz)
 - 1 cup dry red wine (240 ml/ 8 fl oz)
 - 600 g chunks of pork shoulder (1.3 lbs)
- Serving suggestion: Roasted Keto Cauli Mash

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Instructions

1. Set the Instant Pot to *Sauté*, add in the olive oil. Once hot add in the garlic and onion, sauté 3-4 minutes until soft. Add in the spices and herbs and saute 30 seconds.
2. Add in the mustard and tomatoes, stir.
3. Add the pork the the Instant Pot and pour over the red wine.
4. Place the lid on the Instant Pot and cancel the *Sauté* function. Set to *Meat/Stew*, it should set to *high pressure* for 35 minutes.
5. Once the cook time is over manually release the vent. Remove the meat and stir the stew, or blend with an immersion blender for smooth, thick sauce.
6. Serve with Roasted Keto Cauli Mash or other low-carb vegetable sides. To store, let or cool down and store in the fridge for up to 4 days, or freeze for up to 3 months.

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