

Keto Pork & Kohlrabi Stew

Hands-on 20 minutes Overall 2 hours

Nutritional values (per serving): Total carbs: 15.7 g, Fiber: 7.1 g, **Net carbs: 8.6 g**,

Protein: 39.2 g, Fat: 39.2 g, Calories: 571 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 4 servings)

- 600 g/ 1.3 lb pork shoulder, boneless (4 medium pork shoulder steaks, 150 g/ 5.3 oz each)
- 2 tbsp ghee, lard or tallow (30 g/ 1.1 oz) - *you can make your own ghee*
- 2 tsp onion powder *or* 1 small white or brown onion
- 3 cups bone broth *or* vegetable stock *or* chicken stock (720 ml) - *you can make your own bone broth*
- 2 tsp paprika
- 1/8 tsp ground allspice
- 1/2 tsp caraway seeds
- 1 tsp salt or to taste (I like pink Himalayan salt)
- freshly ground black pepper to taste
- 2 medium kohlrabi (600 g/ 1.3 lb)
- 2 medium zucchini (400 g/ 0.9 lb)
- 1/2 cup coconut milk such as Aroy-D *or* heavy whipping cream (120 ml/ 4 fl oz)
- 4 large egg yolks (reserve the egg whites for another recipe like low-carb bread)
- 2 tbsp freshly chopped parsley or chives

Instructions

- Using a paper towel, pat dry the pork and season with salt and pepper from both sides. Cut into medium-large chunks, about 1 - 1 1/2 inch (2-4 cm) thick.
- Grease a large heavy-bottom pot or Dutch oven with ghee and heat over a medium-high heat. Once hot, add the pork. Add the spices: paprika, onion powder, caraway and allspice. Cook over a medium-high heat for a few minutes, until browned from all sides. Then, pour in the broth and bring to a boil. Once boiling, reduce the heat to *low* and cover with a lid. Cook for 1 hour and 15 minutes or until the pork is tender. Check every 20 minutes and add water or more

broth if needed. *If using fresh onion instead of onion powder, fry it briefly in the pot greased with ghee, for 3-5 minutes before adding the meat and spices.*

- Meanwhile, peel and slice the kohlrabi into 1/2 inch (1 cm) pieces. Once the pork is tender, add the kohlrabi slices and cover with a lid. Cook until tender, for about 30 minutes.
- Slice the zucchini into 1/2 inch (1 cm) pieces. After the kohlrabi has been cooked for 30 minutes, add the zucchini slices to the pot and cook for another 10 minutes.
- Finally, prepare the creamy egg mix for thickening the sauce. Whisk all the egg yolks with coconut milk (or cream).
- When the zucchini is tender, slowly pour in the egg & coconut milk mix while stirring. Cook for about a minute and then, turn off the heat. Season with more salt and pepper to taste. Add freshly chopped parsley or chives. Serve warm or let it chill and refrigerate for up to 5 days or freeze it in batches and store for up to 3 months.

Tips for Slow Cooker or Pressure Cooker

If using a slow cooker (crockpot), double the recipe. Place everything – apart from the kohlrabi and zucchini – in the slow cooker and cook on *high* for 4-5 hours. Add the sliced kohlrabi and zucchini in the last 2 hours of the cooking process.

Alternatively, you can use a pressure cooker to cook the pork. It will take just about 15-20 minutes, so you'll be able to make this dish in an hour. After the meat is tender, add the vegetables and sauté for about 30 minutes.

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