

Leftover Vitamin A Ingredient Casserole

from Your Level Best

Serves 8

- One 5-inch long sweet potato, cubed
- One 15oz can of pumpkin puree (not pumpkin pie filling)
- 1.75 lbs butternut squash, cubed
- One yellow onion, chopped
- One medium green bell pepper
- 1.5 lb pork tenderloin
- One 4oz can of chopped green chilies
- Two garlic cloves, chopped
- Two large eggs, beaten
- 4 oz hot pepper cheese, shredded
- 1/3 cup sour cream
- 1 tablespoon olive oil
- 4 cups of low sodium chicken broth

Place the sweet potato, butternut squash, onion, green bell pepper, green chilies, and the pork tenderloin to a slow cooker. Mix the pumpkin puree, beaten eggs, garlic, olive oil, and chicken broth and add that to the slow cooker. Add salt and pepper to taste. Set the slow cooker to low and cook for eight hours. After eight hours, shred the pork tenderloin. Then add the sour cream and mix. Then add the cheese and cover for another 15 minutes. Portion into 8 serving dishes.

Nutrition Information (calculated through [MyFitnessPal](#)):

- 281 Calories
- 10 g Fat
- 106 mg Cholesterol
- 349 mg Sodium
- 511 mg Potassium
- 25 g total Carbohydrates
- 4 g Fiber
- 25 g Protein
- 386% RDA Vitamin A
- 71% RDA Vitamin C
- 17% RDA Calcium
- 12% RDA Iron