

Pumpkin and Pork Stew

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It's pumpkin season and there is a lot more things you can do besides make pie or muffins! How about a stew for your Halloween dinner?



And Here's how you do it!



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Sugar (pie) pumpkins are usually smaller than the jack-o-lantern pumpkins.

Cut the top off the pumpkin and clean out the seeds and the pulp. (Click [here](#) to see how to cook those seeds!). Set aside.



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Mix the flour with the salt, pepper and garlic powder. Dredge the pork pieces in the mixture. Heat the olive oil in a large skillet and brown the pork on all sides.



Add the remaining ingredients, except for the squash and the soup, and cook until the vegetables are starting to get soft.



Stir in the mushroom soup and the squash and mix well.



Place the entire mixture into the pumpkin, put the top on, and place on a large baking sheet.



Put the sheet into a preheated, 350 degree oven and bake for one hour, until the pumpkin is tender when poked with a fork.

Remove from the oven and let set for about 10 minutes.



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To serve, scoop the stew out with some of the sides of the pumpkin's meat and place into serving bowls. Serve hot with some rolls.



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So now dig in and enjoy a hot, delicious meal while you wait for all those trick or treaters to come to your door – Or to enjoy before you head out with your little Halloween monster!

Makes about 4-6 servings.

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It's pumpkin season and there is a lot more things you can do besides make pumpkin pie or muffins! How about a pumpkin stew for your Halloween dinner?

- 1 Large to Medium sugar pumpkin ((also called pie pumpkins))
- 1-1/2 pounds pork sirloin, (cut into 1 inch cubes)
- 2/3 cups all-purpose flour
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 teaspoon garlic powder
- 1/4 cup olive oil
- 1/2 large onion, (chopped)
- 1/2 medium red pepper, (cleaned and chopped)
- 1 large carrot (chopped)
- 3/4 cup chopped celery
- 8 large crimini (brown) mushrooms, (cut into quarters)
- 1 medium zucchini or Mexican summer squash, (halved, then sliced)
- 2 large cloves of garlic, (crushed)
- 2 medium potatoes, (cut into 3/4 inch cubes)
- 2/3 cup condensed cream of mushroom soup

1. Cut the top off the pumpkin and clean out the seeds and

the pulp. Save the seeds to toast for a snack!

2. Mix the flour with the salt, pepper and garlic powder. Dredge the pork pieces in the mixture. Heat the olive oil in a large skillet and brown the pork on all sides.
3. Add the remaining ingredients, except for the squash and the soup, and cook until the vegetables are starting to get soft.
4. Stir in the mushroom soup and the squash and mix well.
5. Place the entire mixture into the pumpkin, put the top on, and place on a large baking sheet.
6. Put the sheet into a preheated, 350 degree oven and bake for one hour, until the pumpkin is tender when poked with a fork.
7. Remove from the oven and let set for about 10 minutes.
8. To serve, scoop the stew out with some of the sides of the pumpkin (the meat) and place into serving bowls. Serve hot with some rolls.

Below are some of the items to help with this recipe!

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