**INGREDIENTS**

- 1 (24 oz) can pulled pork*
- 3 potatoes, diced or 1 can of potatoes, drained and rinsed
- 3 fresh carrots chopped or 1 can of carrots, drained and rinsed
- 2 cups of corn, fresh or frozen or 1 can of corn, drained and rinsed
- ½ butternut squash, diced (about 2 cups)
- 2 tablespoons seasonings of choice (examples: garlic powder, onion powder, cumin, oregano)
- 4 cups of water
- 3 (0.87 oz) packages of brown gravy mix, low sodium if possible
- 1-2 tablespoons flour, if needed

**DIRECTIONS**

1. Wash hands and surfaces. Wash any fresh produce under running water.
2. Add pork, potatoes, carrots, corn, butternut squash, seasonings of choice, water, and gravy packets into slow cooker. Stir to mix.
3. Cook on low for 6-8 hours or until vegetables are tender and pork reaches 145°F. Canned vegetables will cook faster than fresh.
4. If dish is too thin, add 1-2 tablespoons of flour and mix. Cook on high for an additional 15-30 minutes.
5. Serve with cornbread or your favorite side dish and enjoy!

*Pork can be substituted for chicken, turkey, or your favorite legumes.