



Spiced Pork Stew

Info:

Makes 8 Servings 320 Calories per Serving

LOW CAL SPICY

Ingredients:



- ❖ Cooking Spray
- ❖ 2lbs Boneless Pork Roast
- ❖ 3 Tbsp Flour
- ❖ 2 tsp Ground Cumin
- ❖ 2 28oz Cans Diced Tomatoes, undrained
- ❖ 2 Cups Water
- ❖ 3 Red Potatoes, chopped into little cubes
- ❖ 1 Sweet Potato, chopped into little cubes
- ❖ 2 Onions, chopped
- ❖ 10-16oz Frozen Green Beans
- ❖ ¼ tsp Ground Ginger
- ❖ ¼ tsp Ground Cinnamon
- ❖ 1 tsp Splenda
- ❖ ½ tsp Pepper
- ❖ 2 Tbsp Parsley
- ❖ 1 Tbsp Light Balsamic Vinegar
- ❖ 2 tsp Minced Garlic
- ❖ 1/8 – 1/4 tsp Cayenne Pepper (optional)
- ❖ 1-2 tsp Jamaican Jerk Seasoning

Preparation:



1. Using kitchen shears or a very sharp knife de-fat the pork roast and cut into ½ - ¾ inch cubes
2. In a plastic bag combine flour and cumin, add pork and shake until all covered
3. In a 5+ quart Dutch oven pan brown the meat over med-high heat
4. Add onions and lightly sauté
5. Preheat oven to 350°
6. Stir in all remaining ingredients, bring to a boil
7. Cover and place in oven for 90 minutes, stirring halfway through
8. It's important to keep the Dutch oven covered so no moisture is lost
9. Serve hot

Crockpot:

1. After browning meat and sautéing onions, add all ingredients to crockpot and cook on high 6 hours.