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Friday

Cook Pork Stew in slow cooker.
Serve with Couscous

Cost per Serving
\$3.25

Slow Cooker Pork Stew

INGREDIENTS

Friday Morning:

Thawed cubed pork from Sunday prep

- 2 tbsp all-purpose flour
- 1 tsp dried thyme leaves or Italian seasoning
- 1/4 tsp each salt and pepper
- 2 tbsp Longo's 100% Pure Canola oil
- 1 cup beef broth
- 3 tbsp Longo's organics tomato paste
- 1 tbsp Worcestershire sauce

Frozen vegetables from Sunday prep

- 1 cup Longo's couscous
- 2 cups water or chicken broth

DIRECTIONS

TOSS pork with flour, thyme, salt and pepper.
HEAT oil in large saucepan and brown pork on all sides, reserving any excess flour mixture. Remove to plate.

WHISK broth and remaining flour mixture together with tomato paste and Worcestershire. Pour into skillet and bring to a simmer. Pour into slow cooker.

ADD frozen vegetables and browned pork and any accumulated juices; stir to combine.

COVER and cook on Low for 8 hours or on High for 4 hours.

BRING water to boil and stir in couscous. Remove from heat; cover and let stand for 5 minutes. Serve with stew.

PER SERVING (1/4 recipe): 454 calories; 38 g protein; 11 g fat; 50 g carbohydrate; 5 g fibre; 8 g sugars; 502 mg sodium.