

RECIPE

Slow Cooker Pork Stew Over Brown Rice

Start to Finish: 15 minutes prep time. 4-8 hours total Servings: 8-10

Ingredients:

- 2 pounds of lean pork stew meat
- 3 cups baby carrots
- 1 large onion, sliced
- 1 ½ teaspoons dried thyme leaves
- ½ teaspoon ground black pepper
- ¼ teaspoon salt
- 1 clove of garlic, minced
- 1 ½ cups complete bran and wheat flakes cereal (crushed to ¾ cup)
- 1 cup dried tart cherries
- ¾ cup 100 percent apple juice or apple cider
- 4 cups hot cooked brown rice

Directions:

1. Trim fat from pork. Spray large pan with non-stick cooking spray. Cook half of the pork at a time until browned.
2. While pork is browning, in 4-6 quart crockpot, layer carrots, onion, thyme, pepper, salt and garlic. Sprinkle with cereal and cherries. Top with pork, once browned. Pour apple juice or cider over all. Cover and cook on low-heat setting for 7-8 hours or on high-heat setting for 3 ½-4 hours.
3. Prepare the brown rice according to package directions toward the end of the stew cooking.
4. When rice is done cooking, stir pork mixture and serve over ½ cup brown rice.

Nutrition Information Per Serving:

360 Calories; 2 g Saturated Fat; 6 g Dietary Fiber; 220 mg Sodium; 658 mg Potassium; 89 mg Calcium

