

Pork Stew Southwest

Serving size: 1 cup

Serves: 8

Ingredients

½ cup flour
1 teaspoon salt
½ teaspoon ground black pepper
½ teaspoon garlic powder
1 pound pork loin, cut into small bite size pieces
2 tablespoons extra virgin olive oil
1 medium onion, diced
1 clove garlic, minced
1 large sweet potato, diced
1 poblano pepper, seeded and diced
1 chilaca pepper, seeded and diced (or sub another poblano if not found)
2 small to medium leaves cactus (nopales), thorns removed and diced
2½ cups low sodium beef or vegetable broth
12 oz package frozen corn, thawed

Directions

Combine the flour, salt, pepper and garlic powder in a medium mixing bowl. Toss the pork loin pieces in the flour to evenly coat. Discard the flour mixture.

Heat the olive oil in a large Dutch oven or stew pot over medium-high heat. Add the breaded pork pieces and sauté for 2 minutes, stirring frequently. Don't overcook so as to keep the lean pork tender. Some pieces will have some browning.

Add the onion, garlic, sweet potato, peppers, and cactus. Sauté and stir for about 5 minutes. Stir up from the bottom of the pan any browned pieces from the pork.

Stir in half the broth. Return to a boil and cover. Reduce heat and simmer 10-15 minutes until the sweet potato is tender. Add additional broth to reach the desired thickness. Add the corn and simmer 5 minutes more. Adjust seasonings and serve.

Serve this colorful and flavor-packed stew to someone special. With a little grated cheese, this also makes an excellent filling for burritos.

To soften the sweet potato and make it easier to dice, microwave it for 1 minute. To prepare the cactus, wear rubber gloves and carefully cut off the thorns. If bought in the grocery store or a Mexican grocery store, usually the thorns are cut off. With a paring knife remove the bases of each thorn. Cut the edges of the leaf to remove thorns there. Rinse it and it is ready for dicing.

Exchanges per serving

1½ Lean Meats, 1 Starch, 1 Vegetable, 1½ Fats

Nutrients per serving

Calories: 205

Calories from fat: 53

Total Fat: 6g

Cholesterol: 39mg

Total Carbohydrate: 24g

Sodium: 385mg

Dietary Fiber: 3g

Protein: 16g