

Slow Cooker Pork Stew Over Brown Rice



Prep time: 15 minutes

Description: Apple cider and dried fruit adds a pleasing sweetness to this tender, succulent pork stew. This lovely dish can be thrown together in minutes and then left to simmer in your slow cooker.

Serve over brown rice. It's great comfort food to have waiting at home at the end of a long day. Substitute dried apricots or cranberries for the cherries as desired. The cereal acts as a thickener and adds a nutty flavor to the stew.

Ingredients:

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

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 crockery cooker 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 to 4 hours.
3. Prepare the brown rice according to package directions toward the end of the stew cooking. (Brown rice typically takes about 40-45 minutes to cook).
4. When rice is done cooking, stir pork mixture and serve over ½ cup brown rice.

Stew makes 8-1 cup servings

Nutrition Facts:

<i>Nutrient</i>	<i>Value</i>	<i>%DV</i>	<i>Nutrient</i>	<i>Value</i>	<i>%DV</i>
Calories	360		Calcium	89 mg	8%
Saturated Fat	2 g	10%	Vitamin D	37 IU	9%
Sodium	220 mg	9%		(0.91 mcg)	
Potassium	658 mg	19%	Dietary fiber	6g	24%



The "Grain Chain," a group of MyPlate National Strategic Partners committed to promoting and supporting grains, offers a series of recipes featuring whole grains. Members include American Bakers Association, Wheat Foods Council, Grains Food Foundation, National Pasta Association, USA Rice Federation, General Mills, and Kellogg's.