

SPICY PORK STEW

F EASY

Last Modified: 02/22/2014

PREP: 30 Min
COOK: 9 Hrs
SLOW COOKER

PORK-STEWS

MAKES 4 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
2 ~ 3	Pounds	Pork Sirloin Tip Roast (Boneless)	1" Cubes
2	Cloves	Garlic	Minced
1	Tbsp	Fresh Ginger (Peeled)	Minced
1/2 +/-	Tsp	Crushed Red Pepper Flakes	To Taste
1	14 1/2 Oz	Can Tomato Puree (Hunts)	
2	Cups	Chicken Stock (Swanson)	
1	Pound	Frozen Peas	Thawed
1 +/-	Pinches	Kosher Salt	To Taste
1 +/-	Pinches	Fresh Ground Black Pepper	To Taste

STEW OPTIONS

3	Large	Starchy Potatoes (Idaho / Russet)	Cubed
2	Large	Carrots (Scrubbed)	Cubed
1	Large	Yellow Onion	Cubed

PREPARATION

FACTOID	Kind of Asian, kind of not, but TASTEEEE! This makes 4 servings, or better yet, dinner for two and a better tasting re-heated dinner for two a couple of days later.
FACTOID	The spiciness is determined by the amount of Crushed Red Pepper you use. This WILL get spicier once you reheat it again.
TOOLS	1) 6 Quart Slow Cooker
PREP	<p>DISH:</p> <ol style="list-style-type: none"> 1) Cut the Pork Roast into 1 inch Cubes, removing excess fat and silverskin. 2) Peel and cut the Potatoes into 2 inch Cubes. 3) Peel and chop the Carrots into 1 inch long slices on the bias. 4) Peel and chop the Onion into coarse chunks. 5) Mince the Garlic and set it aside. 6) Mince the Ginger and add it on top of the Garlic.
OPTION	BROWNED PORK: You may optionally Place the Pork Cubes in a plastic bag with 1/2 cup of All Purpose Flour. Shake to evenly coat and brown the Cubes on all sides in a little Vegetable Oil before adding them into the slow cooker. I LIKE THIS.
2	STEW: Place the Vegetables you are using (except the Peas) into the bottom of the slow cooker. Sprinkle the cubes of Pork evenly on top. Sprinkle evenly with Salt, Pepper and Red Pepper Flakes. Pour on the Tomato Puree and Chicken Stock.
3	COOK: Cover and cook on high for 1 hour. Turn the heat down to low and cook it for an additional 7 hours. Gently stir in the frozen Peas and cook it on low for the last hour.
OPTION	You may optionally do this in a single-step by thawing the Frozen Peas covered with plastic wrap in the refrigerator during the day and slow cooking it on low heat for 9 hours while at work. Stirring in the thawed Peas to heat the instant you get home.
SERVE	Serve while hot with a slice or two of nice Crusty Bread on the side. Leaving out the Potatoes and serving over crispy baked Steak House Fries is indeed to-die-for option.