



# Pork Stew

## Ingredients

- 2 sweet potatoes or yams, peeled and cut in small pieces
- 10-oz. pkg. frozen corn
- 10-oz. pkg. frozen Italian beans
- 1 medium-sized onion, chopped
- 1 1/2 lbs. lean pork, cut in small pieces
- 14 1/2-oz. can low-sodium diced tomatoes, undrained
- 3/4 cup water
- 1 tsp. garlic, chopped
- 1/4 tsp. salt
- 1/8 tsp. black pepper

## Directions

1. Combine potatoes, corn, beans, and onion in slow cooker.
2. Place pork on top.
3. Stir together tomatoes, water, garlic, salt, and pepper. Pour over pork.
4. Cover. Cook on low 5-7 hours, or until meat and vegetables are cooked to your liking.



**Servings:** 6

**Nutritional Analysis:** 340 calories, 11g total fat (4g saturated, 0g trans), 105mg cholesterol, 370mg sodium, 22g total carbohydrate (4g fiber, 10g sugar), 36g protein

Source: "Fix-It and Forget-It Lightly" (Good)