



## Speedy Pork Cassoulet

Yield: 4 Servings

### Ingredients:

3 boneless pork chops, cut into 3/4-inch cubes  
1 tablespoon vegetable oil  
2 medium onions, chopped  
2 cloves garlic, crushed  
2 (15-ounce) cans great Northern beans, rinsed and drained  
3/4 cup chicken broth

1/3 cup chopped sun-dried tomatoes packed in oil, drained  
1 teaspoon dried rosemary, crushed  
1 teaspoon dried thyme, crushed  
1/4 teaspoon salt  
1/4 teaspoon black pepper  
1/4 cup chopped parsley  
1/4 cup seasoned bread crumbs



### Directions:

1. Heat oil in a deep saucepan over medium-high heat.
2. Cook and stir onions and garlic until tender but not brown.
3. Add pork, cook and stir for 2-3 minutes or until lightly browned.
4. Stir in beans, broth, tomatoes, rosemary, thyme, salt and pepper. Bring to boiling; reduce heat, cover and simmer 10 minutes or just until pork is tender, stirring occasionally.
5. Spoon cassoulet into individual soup bowls. Sprinkle each serving with parsley and bread crumbs.

### Notes:

1. To lower the sodium in this recipe, omit the salt and use beans canned without salt, as well as low-sodium chicken broth.
2. Rather than using seasoned bread crumbs, crush some whole grain crackers to sprinkle over the servings.

**Nutrition Facts per Serving.** Calories, 340 calories; Protein, 26 grams; Fat, 11 grams; Sodium, 610 milligrams; Cholesterol, 40 milligrams; Saturated Fat, 2 grams; Carbohydrates, 37 grams

**Source:** *Singing the Praises of Beans*, Alice Henneman, University of Nebraska-Lincoln Extension, Lancaster County.



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