



## Slow Cooker Pork Stew

Serving Size: 1 cup

Yield: 8 servings

### Ingredients:

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



### 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:** Calories 360; Saturated Fat, 2 g, 10%; Sodium ,220 mg, 9%; Potassium, 658 mg, 19%; Calcium 8%; Vitamin D 9%; Dietary fiber, 6g, 24%

Source: [www.choosemyplate.gov](http://www.choosemyplate.gov)



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