



## October Newsletter

### Hearty Pork Stew

**Makes 8 servings**

**Macros per serving:**

**384 cals / 29 Protein / 33 Carbs / 13 Fat / 7 Fiber**



#### INGREDIENTS

- Pork loin; chopped into bite sized pieces with bone and big fat pieces removed (I used about 23 oz)
- ½ cup kodiak mix
- 1 teaspoon paprika
- 3 tablespoons extra virgin olive oil
- 1 medium white onion, diced
- 4 teaspoons minced garlic
- 1 cup white cooking wine
- 2 cups celery, chopped
- 2 cups carrots, baby or chopped
- 2 cups sweet potatoes, chopped
- 2 cups low sodium chicken broth
- 1 can diced tomatoes
- 6 tsp worcestershire sauce
- 2 bay leaves
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 1 small package (about 1 ½ cups) sliced baby portabella mushrooms
- 1 package (about 2 ½ cups) frozen peas

#### DIRECTIONS

1. In a large and deep saute pan with a lid or an instant pot with saute function heat the oil over medium to high heat.
2. In a large zip lock add the pork, kodiak and paprika. Mix until well coated.
3. Pour the pork and all contents into the heated pan and sear for 3-5 minutes, stirring occasionally to sear all sides of the pork. Remove to a plate.
4. Add the onion to the hot pan and cook for about 1 minute and add the minced garlic to saute for another :30 or so.
5. Add the cooking wine, chicken broth, celery, carrots, sweet potatoes, worcestershire sauce, canned tomatoes, bay leaves, basil and oregano. Mix well until all well incorporated.
6. Add the pork back into the pot and mix in. Cover loosely and cook for about 30 minutes stirring occasionally.
7. Add the mushrooms and peas, mix to incorporate and cook for an additional 10-15 minutes uncovered.
8. Remove bay leaves and enjoy!