

Oven Pork and Cannellini Bean Stew Soup of the Month – April 2013



Try a new way to serve pork and beans in a tomato sauce with veggies. Cannellini beans, white Italian kidney beans, are favored for soups and salads.

Prep Time: 15 Min

Start to Finish: 2 Hr. 30 Min

Makes: 6 servings (1 cup each)

INGREDIENTS

- 1 lb. boneless pork shoulder, cut into 3/4-inch pieces
- 1 medium onion, chopped (1/2 cup)
- 2 cloves garlic, finely chopped
- 4 small unpeeled red potatoes, cut into quarters
- 1 can (15-16 oz.) cannellini beans, drained, rinsed
- 1 can (15 oz.) Italian-style tomato sauce
- 1 3/4 cups reduced-sodium chicken broth (from 32-oz carton)
- 2 cups frozen cut green beans (from 12-oz bag)

DIRECTIONS

1. Heat oven to 325°F. Spray 4-quart ovenproof pan/dish with cooking spray; heat over medium-high heat. Add pork, onion and garlic. Cook 4 to 6 minutes, stirring occasionally, until pork is browned.
2. Add all remaining ingredients except green beans; mix well. Cover; bake 1 hour 30 minutes.
3. Stir in green beans. Cover; bake 30 to 45 minutes longer or until pork and vegetables are tender.

Recipe Provides: Fats & Oils 1tsp, Meat & Beans 4oz-equivalents, Vegetables 1c

NUTRITION INFORMATION PER SERVING

Serving Size:	1 Serving	Calories:	380	Calories from Fat:	80
Total Fat:	9 g	Saturated Fat:	2 ½ g	Cholesterol:	50 mg
Sodium:	550 mg	Total Carbohydrate:	46 g	Dietary Fiber:	8 g
Sugars:	9 g	Protein:	29 g		



This recipe adapted from WWW.eatbetterearly.com