

## Pork

---

# German Pork Stew

Alison Ladman - For The Associated Press  
Palm Beach Post

**Servings: 6**

**Start to Finish Time: 45 minutes**

**1 pound pork tenderloin, trimmed of fat**  
**1 teaspoon olive oil**  
**1 medium yellow onion, diced**  
**2 leeks, white parts only, sliced**  
**2 teaspoons caraway seeds, crushed**  
**1/4 teaspoon fennel seeds, crushed**  
**1/4 teaspoon celery seeds**  
**1 tablespoon Dijon mustard**  
**1 teaspoon ground black pepper**  
**zest and juice of one orange**  
**1 quart low-sodium chicken broth**  
**1 large sweet potato, peeled and diced**  
**1 1/2 cups shredded cabbage**  
**2 stalks celery, diced**  
**salt (to taste)**  
**1/2 cup fat-free plain Greek-style yogurt**  
**2 tablespoons ketchup**  
**2 tablespoons sweet pickle relish**  
**fresh dill (for garnish), chopped**

Cut the tenderloin into slices 1 1/2 inches thick. In a bowl, toss the sliced pork with the oil.

Heat a large saucepan over medium-high heat. Add the pork and brown, about 2 to 3 minutes per side. It does not need to cook through.

Add the onion and leek. Continue to cook until the vegetables soften and begin to brown, about 5 to 6 minutes.

Add the caraway seeds, fennel seeds, celery seeds, mustard, black pepper, orange zest, orange juice and chicken broth. Bring to a boil.

Cover and reduce the heat to maintain a simmer. Cook until the pork is very tender, 15 to 20 minutes.

When the pork is tender, use a slotted spoon to remove the meat from the liquid. Using two forks, shred the pork to bite-size chunks. Return the pork to the pot.

Add the sweet potato, cabbage and celery. Continue to simmer until the vegetables are tender, about 15 minutes. Season with salt.

In a small bowl, stir together the yogurt, ketchup and relish.

Serve the stew with a dollop of the yogurt mixture and a sprinkling of fresh dill.

---

Per Serving (excluding unknown items): 171 Calories; 5g Fat (24.4% calories from fat); 25g Protein; 14g Carbohydrate; 2g Dietary Fiber; 49mg Cholesterol; 215mg Sodium. Exchanges: 1/2 Grain(Starch); 3 Lean Meat; 1/2 Vegetable; 0 Fat; 0 Other Carbohydrates.