

# Pork, Carrot & Chickpea Stew (Slow Cooker)

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## Servings: 4

*1/2 cup low-sodium chicken broth  
2 tablespoons flour  
1 tablespoon grated fresh ginger  
2 teaspoons ground cumin  
1 teaspoon ground coriander  
Kosher salt  
pepper  
1 (2.5 pound) pork butt, well  
trimmed and cut into two-inch pieces  
1 can (28 ounce) diced tomatoes,  
drained  
8 ounces medium carrots, cut into two-  
inch pieces  
4 cloves garlic, smashed  
1 red onion, cut into 3/4-inch wedges  
1/2 cup dried apricots, quartered  
1 can (15 ounce) chickpeas, rinsed  
1 cup couscous  
chopped fresh cilantro (for topping)  
(optional)*

## Preparation Time: 25 minutes

### Slow Cooker Time: 8 hours 25 minutes

In a five- or six-quart slow cooker, whisk together the broth, flour, ginger, cumin, coriander, 1/2 teaspoon of salt and 1/4 teaspoon of pepper.

Add the pork, tomatoes, carrots, garlic, onions and apricots. Toss to combine.

Cook, covered, until the pork is tender and easily pulls apart, 4-1/2 to 5-1/2 hours on HIGH or seven to eight hours on LOW.

10 minutes before serving, add the chickpeas. Prepare the couscous per package directions.

Serve the pork, vegetables and any pan juices over the couscous. Sprinkle with cilantro, if desired.

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Per Serving (excluding unknown items): 435 Calories; 4g Fat (8.5% calories from fat); 19g Protein; 84g Carbohydrate; 14g Dietary Fiber; 0mg Cholesterol; 31mg Sodium. Exchanges: 4 1/2 Grain(Starch); 1/2 Lean Meat; 1 Vegetable; 1/2 Fruit; 1/2 Fat.