

Satay-Style Pork Stew

Nicole Werner - Cleveland, OH

Taste of Home Magazine - April/May 2012

Servings: 5

Preparation Time: 25 minutes

Cook time: 8 hours

1 (3 to 4 pound) boneless pork shoulder butt roast, cut into 1 1/2-inch cubes

2 medium parsnips, peeled and sliced

1 small sweet red pepper, thinly sliced

1 cup chicken broth

1/4 cup reduced-sodium teriyaki sauce

2 tablespoons rice vinegar

1 tablespoon fresh gingerroot, minced

1 tablespoon honey

2 cloves garlic, minced

1/2 teaspoon crushed red pepper flakes

1/4 cup creamy peanut butter

hot cooked rice (optional)

2 green onions, chopped

2 tablespoons dry-roasted peanuts, chopped

In a 3-quart slow cooker, combine the pork shoulder, parsnips, red pepper, broth, teriyaki sauce, vinegar, gingerroot, honey, cloves and red pepper flakes.

Cover and cook on LOW for 8 to 10 hours or until the pork is tender,

Skim the fat.

Stir in the peanut butter.

Serve with rice, if desired.

Top with the onions and peanuts.

Per Serving (excluding unknown items): 121 Calories; 2g Fat (16.8% calories from fat); 3g Protein; 24g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 193mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1/2 Fat; 1/2 Other Carbohydrates.