

# **Pork Goulash**

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**Servings: 6**

**Preparation Time: 5 minutes**

**Start to Finish Time: 9 hours**

*Heat settings can vary from brand to brand of slow cookers. Check for doneness after the shortest cooking time given.*

**1 1/4 pounds boneless pork butt (shoulder), cut in 1-inch chunks**

**1 can (14 oz) crushed tomatoes in puree'**

**1 packet beefy-onion soup mix (from a 2.2-ounce box)**

**2 tablespoons sweet paprika**

**2 teaspoons garlic, minced**

**1 teaspoon caraway seeds**

**3/4 cup reduced-fat sour cream**

**3 tablespoons fresh dill, snipped**

In a three-quart or larger slow cooker, mix the pork, tomatoes, soup mix, paprika, garlic and caraway seeds.

Cover and cook on LOW for 7 to 9 hours until the pork is tender.

Stir in the sour cream and dill.

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Per Serving (excluding unknown items): 3 Calories; trace Fat (17.0% calories from fat); trace Protein; 1g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; trace Sodium. Exchanges: 0 Vegetable; 0 Fat.