

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.

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.