

Pork

Sweet and Sour Pork

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Servings: 6

Preparation Time: 15 minutes

Cook time: 8 hours

2 tablespoons vegetable oil
2 pounds pork shoulder for stew, cut into 2x1-inch pieces
1/4 teaspoon salt
1/4 teaspoon black pepper
1 large onion, peeled and sliced
1 large green pepper, cored, seeds removed and sliced
1 can (4 oz) mushroom pieces, drained
1 can (14 1/2 oz reduced-sodium tomato sauce
3 tablespoons packed brown sugar
2 tablespoons rice vinegar
2 tablespoons reduced-sodium soy sauce
1/2 pound egg noodles, cooked

Coat slow cooker with nonstick cooking spray.

Heat oil in a large nonstick skillet over medium-high heat. Season pork with salt and pepper and add to the skillet. Sauté three minutes per side.

Add pork to the slow cooker and layer in the onion, green pepper and mushrooms.

In a small bowl, combine the tomato sauce, brown sugar, vinegar and soy sauce. Pour over the pork and vegetables.

Cover and cook on HIGH for 6 hours or LOW for 8 hours.

Serve over cooked egg noodles.

Per Serving (excluding unknown items): 228 Calories; 6g Fat (24.3% calories from fat); 6g Protein; 38g Carbohydrate; 2g Dietary Fiber; 36mg Cholesterol; 301mg Sodium. Exchanges: 2 Grain(Starch); 1/2 Vegetable; 1 Fat; 1/2 Other Carbohydrates.