

*A crock pot stew you'll enjoy over and over again!
We like it with diced avocado stirred in and you can
add some bright green sweetness by cooling your
bowl of soup with a few frozen peas. Serves 5-6*

Mexican Pork Stew



1-1/2 to 2 lb. boneless pork, cut into 1
inch pieces
1 large onion, chopped
2-3 celery ribs, chopped
1/4 cabbage, chopped pretty small
4-5 carrots, chopped
2-3 tomatoes, diced
1 c. white beans, opt.*
Tabasco Sauce, to taste
1 tsp. crushed garlic
3 c. Campbell's regular tomato juice
2 tsp. honey
1 tsp. ground cumin
1/2 tsp. oregano
1/3 c. minced fresh cilantro (or parsley)
1 to 1-1/2 tsp. salt, or to taste
Water to almost fill crock pot
(up to 3 c.)

Optional toppings:

Avocado cubes
Frozen peas to cool the soup
A dollop of SCD plain yogurt

Place all ingredients in the crock
pot and cook on LOW for 7-9 hours
or on HIGH for 5-6 hours. If you
want to make this on the stove,
brown the meat in a kettle in a
tablespoon of oil. Add the rest of the
ingredients and simmer for about an
hour. Refrigerate leftovers.



*Rinse beans; soak overnight. Drain and
rinse. In a large saucepan, cover beans
with water. Bring to boiling; reduce heat.
Simmer, uncovered, for 30 minutes while
you prepare the other soup ingredients.
Remove from heat, cool and drain. If
doing 1 lb. of beans, divide 3 ways, putting
2 portions in zip-lock sandwich bags.
Freeze these for other soup recipes.