

# Slow Cooker Pork Stew over Brown Rice

Serves 8



## Ingredients:

- 2 pounds lean pork stew meat
- 3 cups baby carrots
- 1 large onion, sliced
- 1 1/2 teaspoons dried thyme leaves
- 1/2 teaspoon coarse ground black pepper
- 1/4 teaspoon salt
- 1 clove garlic, minced
- 1-1/2 cups complete bran and wheat flakes ready-to-eat cereal (crushed to 3/4 cup)
- 1 cup dried tart cherries
- 3/4 cup 100% apple juice or apple cider
- 4 cups hot cooked brown rice

## Directions:

1. Trim fat from pork.
2. Spray large pan with non-stick cooking spray. Cook half of the pork at a time until browned.
3. In a 4-6 quart crockery cooker layer carrots, onion, thyme, pepper, salt and garlic. Sprinkle with cereal and cherries.
4. Top with pork and pour apple juice or cider over contents in the cooker.
5. Cover and cook on low setting for 7-8 hours or on high setting for 3 1/2 to 4 hours.
6. Prepare the brown rice according to package directions toward the end of the stew cooking time. (Brown rice typically takes about 40-45 minutes to cook).
7. Stir pork mixture and serve over 1/2 cup brown rice.

Nutrition Facts	
8 servings per container	
<b>Serving size</b>	<b>1 cup</b>
Amount per serving	
<b>Calories</b>	<b>360</b>
% Daily Value*	
<b>Total Fat</b> 5g	
Saturated Fat 2g	
Trans Fat 0g	
<b>Cholesterol</b> 54mg	
<b>Sodium</b> 139mg	
<b>Total Carbohydrate</b> 50g	
Dietary Fiber 6g	
Total Sugars 19g	
Includes 12g Added Sugars	
<b>Protein</b> 27g	
Vitamin D 1mcg	
Calcium 89mg	
Iron 2mg	
Potassium 658mg	
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

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