

Pork and Lentils

Recipe by: Nancy Miller, modified by the O'Connor clan

Servings: 5

Amount	Ingredient	Prep Notes
1 pound	pork	cubed
2 tea- spoons	oil	
1 cup	onion	minced, can substitute 1/4 cup dried mince or 2 teaspoons powder
4 cloves	garlic	minced, can substitute 1/2 teaspoon powder
2 cups	beef broth	can substitute chicken broth
1 cup	water	
1 can	petite diced tomatoes	
4	carrots	sliced
1 cup	dry lentils	
1.5 tea- spoons	Italian seasoning	
1/4 teaspoon	pepper	

- brown pork in oil; if using fresh onion, add and cook until softened; if using fresh garlic, add and cook about 30 seconds
- transfer browned items to pot and add remaining ingredients; stir, cover, and cook (see notes) until lentils are soft and pork is fork tender

-
- *note:* if making in crock pot, cook on higher temperature for 4-5 hours
 - *note:* if making in the oven, cook at 325 for 2-3 hours
 - *note:* if making on the stove top, bring to a boil then reduce to simmer and cook 1-2 hours