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| Pineapple Pork StewA vegetable rich stew with an added bonus of fruit!Ingredients:

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| 4-4oz 6 oz10 oz4 oz10 oz15 oz½ cup1 TB | Boneless Pork Chops (best quality you can afford) $5-6.00Chopped Frozen Onions (thawed and drained) $.60Fresh cut Carrots $1.89Pineapple (fresh cut) $2.28Green Beans (fresh and cut) $2.50White Kidney or Cannellini Beans (drained & rinsed) $1.28Broth (Veggie or Chicken) $1.00Curry Powder |
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Directions:Set your instant pot to sauté. Add a bit of coconut oil and then add your onions. Cook until browned. Lay your pork chops in the bottom. Add your curry powder and salt if you’d like. After your pork chops have browned add your pineapple. Next, add your carrots and green beans. Lastly, add your beans and your broth. Set your instant pot to slow cook on low for 5 hours with your sealing lid. Enjoy! | Logo  Description automatically generated |
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