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| Pineapple Pork Stew  A vegetable rich stew with an added bonus of fruit! Ingredients:  |  |  | | --- | --- | | 4-4oz  6 oz  10 oz  4 oz  10 oz  15 oz  ½ cup  1 TB | Boneless Pork Chops (best quality you can afford) $5-6.00  Chopped Frozen Onions (thawed and drained) $.60  Fresh cut Carrots $1.89  Pineapple (fresh cut) $2.28  Green Beans (fresh and cut) $2.50  White Kidney or Cannellini Beans (drained & rinsed) $1.28  Broth (Veggie or Chicken) $1.00  Curry Powder | |  |  |  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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