



# Slow Cooker Pork Stew over Brown Rice

**Prep time:** 15 minutes

**Makes:** 8 Servings

Apple juice and dried fruit add a touch of sweetness to this stew. This dish can be put together in minutes and then left to simmer in your slow cooker. Served over brown rice, it's a great comfort food to have waiting at the end of a long day. The crushed cereal acts as a thickener and adds a nutty flavor to the stew. Try substituting dried apricots or cranberries for the cherries as desired.

## 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

## Nutrition Information

| Nutrients                 | Amount        |
|---------------------------|---------------|
| <b>Calories</b>           | <b>360</b>    |
| <b>Total Fat</b>          | <b>5 g</b>    |
| Saturated Fat             | 2 g           |
| Cholesterol               | 54 mg         |
| <b>Sodium</b>             | <b>139 mg</b> |
| <b>Total Carbohydrate</b> | <b>50 g</b>   |
| Dietary Fiber             | 6 g           |
| Total Sugars              | 19 g          |
| Added Sugars included     | 12 g          |
| <b>Protein</b>            | <b>27 g</b>   |
| Vitamin D                 | 1 mcg         |
| Calcium                   | 89 mg         |
| Iron                      | 2 mg          |
| Potassium                 | 658 mg        |

N/A - data is not available

## MyPlate Food Groups

|   |              |
|---|--------------|
|  Fruits        | 1/2 cup      |
|  Vegetables    | 1/4 cup      |
|  Grains        | 1 ounce      |
|  Protein Foods | 2 1/2 ounces |

**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 ½ 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 ½ cup brown rice.

## Notes

The "Grain Chain," a group of MyPlate National Strategic Partners committed to promoting and supporting grains,

offers a series of recipes featuring whole grains. Members include American Bakers Association, Wheat Food Council, Grains Food Foundation, National Pasta Association, USA Rice Federation, General Mills, and Kellogg's.

**Source:** The "Grain Chain"