

# Pork and Vegetable Stovetop Stew

**NUMBER OF SERVINGS: 4**

## Ingredients

- All-purpose flour 1 Tbsp (15 mL)
- Dried thyme leaves 1 tsp (5 mL)
- Salt & Pepper ½ tsp each (5 mL)
- Rosemary ¼ tsp (1.25 mL)
- Vegetable oil 2 Tbsp (30 mL)
- Ontario pork tenderloin, cut into 1-inch cubes 1 (12 oz 350 g)
- Ontario onion, chopped 1
- Ontario garlic, minced, 2 cloves
- Sodium-reduced chicken broth 2 cups (500 mL)
- Ontario sweet potato, peeled and cubed (1/2 inch) 1
- Ontario parsnips, peeled and chopped 2
- Ontario parsley, chopped 2 Tbsp (30 mL)

## Directions

1. Combine flour, thyme, salt, rosemary and pepper: toss pork in mixture.
2. In a large saucepan, heat 1 Tbsp vegetable oil over medium heat.
3. Add pork and cook until lightly browned, about 5 minutes. Remove to plate.
4. Add remaining oil to pan. Stir in onion and garlic; cook until lightly softened, about 3 minutes.
5. Stir in broth and bring to boil.
6. Add sweet potato, parsnips and pork; cover and bring to boil.
7. Reduce heat and simmer until pork and vegetables are tender, about 25 minutes.
8. Serve sprinkled with parsley.

## NUTRITION PER SERVING

Calories 334 | Protein 27 g | Fat 9 g | Carbohydrates 35 g | Fibre 5 g



There are 1,600 pork producers in Ontario, each sending 500-3000 pigs to market each year.



Pork is a good source of protein and also contains other vitamins including B vitamins such as riboflavin, niacin, vitamin B6 and vitamin B12, nutrients that are all important for healthy aging.



“I used a single whole pork tenderloin instead of weighing the meat so I needed more of the flour and herb mixture to coat and additional broth. It was lovely and fragrant when cooking all in one pot. Very good combination and I will use this recipe again.”  
– Katharine, 65

## Soups/Stews



Recipe  
and Photo  
Courtesy of:



**Foodland**  
ONTARIO

Recipe adapted by authors  
for use in Recipe Resource for  
Healthy Aging.