

# MONEY-SAVING IDEAS



## Make A Pork Dinner That's Sweet On Flavor And Easy On Your Wallet

(NAPSA)—Pork is the most widely eaten meat in the world. But with food prices soaring, you don't have to live high on the hog.

You can make a sweet and savory meal for a family of four for less than \$10 with Pork & Sweet Potato Stew. To save even more money, search grocery sale ads or buy larger cuts of pork tenderloin or pork loin, which will reduce the price per pound. You can also freeze the leftover portions for later use.

### Pork & Sweet Potato Stew

#### Ingredients:

- $\frac{1}{2}$  cup LouAna vegetable or canola oil, divided into two separate cups
- 1 (1-pound) pork tenderloin, trimmed and cut into  $\frac{1}{2}$ -inch cubes
- 1 teaspoon salt, divided in half
- $\frac{1}{2}$  teaspoon freshly ground black pepper
- $\frac{1}{4}$  teaspoon ground cumin
- $\frac{1}{8}$  teaspoon ground cinnamon
- $\frac{1}{2}$  cup all-purpose flour
- 2 cups ( $\frac{1}{2}$ -inch) cubed fresh or canned sweet potato
- $1\frac{1}{2}$  cups chopped onion
- 2 garlic cloves, minced
- 3 cups reduced-sodium chicken broth
- $\frac{1}{4}$  cup sliced green onions (optional)

#### Preparation and Cooking:

Heat  $\frac{1}{2}$  cup oil in a Dutch oven (or another thick-walled iron cooking pot with a tight-fitting lid) over medium-high heat.



The next time you're stewing over what to make for dinner, consider a sweet and savory pork and sweet potato stew.

Place pork in a large zip-top bag. Combine  $\frac{1}{2}$  teaspoon of the salt, plus pepper, cumin and cinnamon; sprinkle over pork. Add flour to pork mixture; seal bag. Shake to coat.

Add pork mixture to pan; sauté 4 minutes, turning to brown on all sides. Remove pork from pan.

Heat remaining oil over medium-high heat. Add remaining  $\frac{1}{2}$  teaspoon salt, potato and onion to pan; sauté 3 minutes. Add garlic; sauté 1 minute, stirring often.

Return pork to pan. Stir in broth; bring to a boil. Reduce heat and simmer 25 minutes or until pork is done and vegetables are tender. Sprinkle 1 tablespoon green onions over each serving, if desired.

Serves four people.

Visit [www.louana.com](http://www.louana.com) for more recipes and cooking tips.