

Pork, Potato and Green Bean Stew

- 1 pound boneless pork, cut into 1" cubes
- 1 medium onion, chopped
- ½ green or red pepper, chopped (optional)
- 4 medium potatoes, cut into ½" cubes
- 3 cups frozen cut green beans
- 1 teaspoon garlic powder
- 2 teaspoons Worcestershire sauce
- 1 teaspoon dried thyme leaves
- ¼ teaspoon pepper
- 1 cup water
- 1 tablespoon cornstarch
- 1 tablespoon beef or chicken bouillon granules

1. In a large fry pan, fry the pork, onion and peppers.
2. Put potato cubes in a glass bowl with a small amount of water. Cover and cook the potatoes in the microwave.
3. Meanwhile add the green beans to the meat in the fry pan. Add seasonings. Stir.
4. Stir in cooked potatoes.
5. In a small bowl, mix cold water, cornstarch and bouillon.
6. Add water mixture to fry pan. Heat until sauce thickens and serve.



Prepared by Eau Claire County Wisconsin Nutrition Education Program (WNEP). WNEP education is supported by the USDA Food Stamp Program, UW-Extension, FoodShare Wisconsin, and local partners. In Wisconsin, FoodShare can help provide a healthy diet. To find out more about FoodShare, call 715/839-2300. An EEO/Affirmative Action employer, UW-Extension provides equal opportunities in employment and programming, including Title IX and ADA requirements.