

Uploaded to VFC Website January 2013

This Document has been provided to you courtesy of Veterans-For-Change!

Feel free to pass to any veteran who might be able to use this information!

For thousands more files like this and hundreds of links to useful information, and hundreds of "Frequently Asked Questions, please go to:

Veterans-For-Change

Veterans-For-Change is a 501(c)(3) Non-Profit Corporation Tax ID #27-3820181

If Veteran's don't help Veteran's, who will?

We appreciate all donations to continue to provide information and services to Veterans and their families.

https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=WGT2M5UTB9A78

Note: VFC is not liable for source information in this document, it is merely provided as a courtesy to our members.



Cider Pork Stew

Prep Time: 20 mins Cook Time: 5 h Total Time: 5 h 20 mins

Ingredients

- > 2 pounds pork, shoulder roast
- > 3 medium potato(es), cubed (about 2 1/2 cups)
- > 3 medium carrot(s), cut into 1/2-inch pieces (about 1 1/2 cups)
- > 2 medium onion(s), sliced
- > 1 medium apple(s), cored and coarsely chopped (1 cup)
- > 1/2 cup(s) celery, coarsely chopped
- > 3 tablespoon tapioca, quick-cooking
- > 2 cup(s) juice, apple
- 1 teaspoon salt
- > 1 teaspoon caraway seeds
- > 1/4 teaspoon pepper, black ground
- celery leaves, optional

Recipe Tip:

Cook 10 to 12 hours (low), or 5 to 6 hours (high). **Preparation**

1. Cut meat into 1-inch cubes. In a 3 1/2- to 5 1/2-quart slow cooker, combine meat, potatoes, carrots, onions, apple, celery, and tapioca. Stir in apple juice or cider, salt, caraway seeds, and pepper.

2. Cover and cook on low-heat setting for 10 to 12 hours or high-heat setting for 5 to 6 hours. If desired, garnish individual servings with celery leaves.