

## **Harvest Stew**

Servings: 4-6

From Coupon Kitchen

### **Ingredients**

1 lb pork tenderloin, cut into 1-inch pieces

1 Tbsp olive or coconut oil

3 small red potatoes, washed and cut into 1-inch cubes

1 small sweet potato, peeled and cut into 1-inch cubes

1 cup butternut squash, peeled and cut into 1-inch cubes

1/2 cup frozen corn

1/2 onion, diced

16 oz fat-free, low sodium chicken broth

2 cups water

1 small jalapeno, seeded and finely chopped

1 tsp minced garlic

1/4 tsp salt

1/4 tsp pepper

1/2 tsp dried thyme

### **Preparation**

1) Heat oil in large skillet over medium-high heat. Add pork and cook until browned on all sides, about 5-6 minutes.

2) Add pork and remaining ingredients to a slow cooker. Combine well, cover and cook on high for 5-6 hours (cooking time may vary depending on slow cooker).