

## 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).