

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).