

Parsnips & Pork

Ingredients

6 (6 – 8 oz) Pork Boneless Top Loin Chops, lean only - All fat trimmed
 4 (6 oz. each) Fresh Parsnips, peeled
 2 Cups Fresh Onion, diced
 12 Stalks Fresh Celery, washed & dried
 6 Cups Water
 5 Tbsp. Worcestershire Sauce
 10 Cloves Fresh Garlic, peeled and halved
 Chicken Bouillon to taste
 Pappy's or Memphis Barbeque spice mix or other spice mix to taste

Ingredient	Calories	Fat
Pork	1239	24.2g
Parsnips	432	1.7g
Onion	134	0.5g
Celery	142	1.3g
Total:	1947	27.7g
Each Serving:	163	2.3g



Directions

1. Put the water into the pot and add the chicken bullion.
2. Add the diced onion.
3. Turn the burner up to medium high, and cover the pot.
4. Cut the celery up into small pieces, including the leafy ends.
5. Add the celery to the pot.
6. Cut the peeled parsnips into ovals, and discard the tops.
7. Add the parsnips, cover and continue to cook for 30 minutes.
8. Cut the pork into 1-inch cubes, trimming any visible fat, and add to the pot.
9. Add seasonings and garlic.
10. Reduce the heat of the burner to just below Medium, and cook for 20 minutes.
11. Reduce the heat of the burner to Medium Low and simmer (covered) for one hour more, stirring occasionally.

Serving Suggestion: Over cooked Brown Basmati and Wild Rice

Yield: 12 Servings

Leftovers keep for 4 days in the fridge, or can be frozen for later use. Reheat on stove only, not in a microwave.