**Pork Afritada**

Pork Afritada is a Filipino stew that features tender pieces of pork cooked in a tomato-based sauce with vegetables such as bell peppers, potatoes, and carrots. It's known for its rich and savory taste.

**Ingredients:**

- 500 grams pork shoulder or pork belly, cut into chunks

- 2 tablespoons cooking oil

- 4 cloves garlic, minced

- 1 medium-sized onion, chopped

- 2 tomatoes, chopped

- 1 red bell pepper, sliced

- 1 green bell pepper, sliced

- 2 medium-sized potatoes, peeled and cubed

- 1 medium-sized carrot, peeled and sliced

- 1 cup tomato sauce

- 1 cup water (or broth for added flavor)

- 1 bay leaf

- 1 teaspoon paprika

- Salt and pepper to taste

- Optional: 1 cup green peas (fresh or frozen)

**Instructions:**

1. Heat the cooking oil in a large pot or skillet over medium heat. Add the minced garlic and chopped onion. Sauté until fragrant and the onion becomes translucent.

2. Add the pork pieces to the pot and cook until browned on all sides.

3. Stir in the chopped tomatoes and cook until they become soft and mushy.

4. Pour in the tomato sauce and water (or broth). Add the bay leaf and paprika. Season with salt and pepper to taste. Stir well to combine.

5. Cover the pot and let it simmer for about 1 to 1.5 hours or until the pork is tender. Adjust the cooking time as needed.

6. Once the pork is tender, add the cubed potatoes, sliced carrots, and bell peppers to the pot. If using green peas, add them as well. Continue simmering for about 10 to 15 minutes or until the vegetables are cooked but still firm.

7. Taste and adjust the seasoning if needed. Remove the bay leaf from the pot.

8. Remove from heat and serve the Pork Afritada hot with steamed rice.

**Nutritional Facts:**

- Calories: 300-400 calories per serving

- Protein: 20-30 grams

- Fat: 15-20 grams

- Carbohydrates: 20-30 grams

- Fiber: 5-8 grams

- Sodium: 800-1000 milligrams (may vary depending on the broth and seasoning used)

- Iron: 10-15% of the daily recommended intake

- Other vitamins and minerals vary depending on the specific ingredients used