**Pork Pochero**

Pork Pochero is a hearty Filipino stew that combines pork, vegetables, and flavorful spices. It's a popular dish that is often enjoyed with steamed rice. It is known for its rich and savory flavor profile.

**Ingredients:**

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

- 2 tablespoons cooking oil

- 4 cloves garlic, minced

- 1 medium-sized onion, chopped

- 2 tomatoes, chopped

- 2 chorizo sausages, sliced

- 2 cups tomato sauce

- 4 cups water (or broth for added flavor)

- 1 bay leaf

- 1 teaspoon paprika

- 1 medium-sized potato, peeled and cubed

- 1 medium-sized carrot, peeled and sliced

- 1 cup green beans, trimmed and cut into 2-inch pieces

- 1 small cabbage, chopped into wedges

- Salt and pepper to taste

**Instructions:**

1. In a large pot, heat the cooking oil 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. Add the sliced chorizo sausages to the pot and cook for a few minutes to release their flavors.

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

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

6. 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.

7. Once the pork is tender, add the cubed potatoes, sliced carrots, and green beans to the pot. Continue simmering for about 5 to 7 minutes or until the vegetables are cooked but still firm.

8. Lastly, add the cabbage wedges to the pot and cook for an additional 3 to 5 minutes until they are wilted and tender.

9. Remove from heat and serve the Pork Pochero 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