

# Pork and Letils

Recipe by: Nancy Miller, modified by the O'Connor clan

Servings: 5

Amount	Ingredient
1 pound	pork, cubed
2 teaspoons	oil
1 cup	onion, minced (or 1/4 cup dried minced or 2 teaspoons powder)
4 cloves	garlic, minced (or 1/2 tsp powder)
2 cups	beef broth (can substitute chicken broth)
1 cup	water
1 can	petite diced tomatoes
4	carrots, sliced
1 cup	dry lentils
1.5 teaspoons	italian seasoning
1/4 teaspoon	pepper

- brown pork in oil; if using fresh onion, add and cook until softened; if using fresh garlic, add and cook about 30 seconds
- transfer browned items to pot and add remaining ingredients; stir, cover, and cook (see notes) until lentils are soft and pork is fork tender
- *note:* if making in crock pot, cook on higher temperature for 4-5 hours
- *note:* if making in the oven, cook at 325 for 2-3 hours
- *note:* if making on the stove top, bring to a boil then reduce to simmer and cook 1-2 hours