

Santa Fe Pork Stew

6 Servings

Oven at 350 degrees

3 tablespoons Olive Oil
3 pounds boneless pork shoulder cut into 1" cubes
2 ½ tablespoons Flour
2 Sweet Potatoes peeled and cut into 1" cubes
1 ½ cups Dry White Wine
1 ½ cups Chicken Stock
½ cup White Wine Vinegar
1 ½ cups chopped onion
½ cup fresh Italian Parsley, chopped
6 cloves Garlic, chopped
3 tablespoons capers (optional)
1 tablespoon plus 1 teaspoon Cumin
2 cups Black Beans
½ teaspoon Black Pepper
½ cup fresh chopped Cilantro

Brown pork in oil in small batches; sprinkle flour over pork and cook for 3 minutes. Transfer meat to casserole dish. Add sweet potatoes, wine/stock/vinegar, onions, parsley, half of the garlic, capers, 1 tablespoon cumin. Mix, cover and bake one hour. Then add beans, remaining 1 teaspoon cumin, pepper and remaining garlic. Bake uncovered additional 15 minutes; Before serving stir in cilantro. Serve with rice.