

Hearty Vegetable and Pork Stew



A simple, quick soup to make to cosy up any cold winter's night.

Servings: 4

If you have any leftover mashed potatoes, "cube" them best you can and toss them in. They add extra flavour, richness, and nutrition! And, as I seldom have fresh tomatoes in the house by week's end, I usually substitute a 28-oz can of diced tomatoes - I like the flavour and texture these add! - LK

*1/2 lb ground pork
1 med onion, chopped
1 clove garlic, minced
2 c chicken stock
1 med tomato, chopped
1 stalk celery, chopped
1 carrot, finely diced
1/2 tsp worcestershire sauce
pinch thyme
pinch oregano
fresh ground black pepper
1/4 c macaroni, or any small pasta
Preparation Time: 15 minutes
Start to Finish Time: 30 minutes*

In medium non-stick saucepan, cook pork, onions, and garlic, breaking up pork until just beginning to brown. Drain off fat.

Add vegetables, broth, and seasonings, and pasta. Bring to boiling; allow to boil 1 minute.

Reduce heat and simmer, uncovered, 20 minutes or until pasta is cooked.

Serve with crusty rolls.

Per Serving (excluding unknown items): 212 Calories; 12g Fat (54.4% calories from fat); 12g Protein; 12g Carbohydrate; 2g Dietary Fiber; 41mg Cholesterol; 1131mg Sodium. Exchanges: 1/2 Grain(Starch); 1 1/2 Lean Meat; 1 Vegetable; 1 1/2 Fat; 0 Other Carbohydrates.