

## *Wapakoneta Family YMCA Recipe Exchange*

*Recipe : Pork Stew for 2 people or a crowd of 6*

*From: Nancy Stienecker*

*Oven Temp.*

*Servings:*

*Pork*

*4 Yukon potatoes sliced thick*

*2 parsnips pared and sliced thick*

*2 Granny Smith apples, cored and sliced thick.*

*1 medium white onion, sliced*

*1/2 red sweet pepper, chopped*

*1/2 can light beer*

*Powdered garlic*

*Fennel seeds*

*Salt & pepper*

*Choose the amount and cut of pork you wish to use. Trim fat and cut into 2 inch pieces. Brown pork pieces in a bit of olive oil until nicely browned. Season pork with salt and pepper as desired. Place pork into an appropriate sized casserole. Deglazed pan drippings with 1/2 can of light beer. Add to casserole with the following additional ingredients in accord to the volume you have chosen to use.*

*To prepared pork, add potatoes, parsnips, apples, onion, red pepper. Gently season with salt and pepper and powdered garlic in each layer. Sprinkle with fennel seeds.*

*Add enough cider to cover the meat layer.*

*Cover casserole with lid and bake at 325 degrees until vegetables are soft but hold their shape, about 1 to 1 1/2 hours. Add cider as needed to keep moist.*

*Serve in a bowl accompanied with a crusty bread that can be added to the bowl to absorb the juices. Serve with cider and a green salad.*

