

Pork Stew Porkolt

- 2 lbs. pork loin, cut into 1/2-inch pieces
- 2 med red onions diced
- 1 med jalapeno pepper
- 1 cup for browning meat and onions oil
- 1 med diced tomato
- 2 cloves garlic clove, crushed
- 3 Tbsp. Hungarian Paprika
- 3 cups beef broth or water
- Salt and black pepper to taste

- 1 Cut meat into bite sized pieces for searing.
- 2 Heat oil
- 3 Brown meat in small batches. Just get a searing on the chunks
- 4 Remove from heat and put aside on a plate (best to do small batches so to brown properly).
- 5 In the same pot used for the meat browning drop in the onions to begin cooking.
- 6 Cook onions until translucent
- 7 Add peppers, garlic and tomato to soften.
- 8 Add meat, stir well, remove from heat to add your seasonings careful not to burn the paprika
- 9 Put back on heat, cover meat with just enough broth/water to cover the meat
- 10 Bring to simmer and cover the pot partially.
- 11 Keep at a low simmer for at least two hours. Stirring occasionally, add additional broth as needed.
You would want some evaporation as this is where the flavors develop.
- 12 Taste and add salt and pepper toward the end of cooking if needed.
- 13 Meat will be fork tender at the end of cooking.

Degree of Difficulty

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Cooking Times

Preparation Time: 30 minutes
Cooking Time: 2 hours
Total Time: 2 hours and 30 minutes

Nutrition Facts:

Serving size: Entire recipe (81.5 ounces).
Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.
Nutrition information calculated from recipe ingredients.



Amount Per Serving	
Calories	3500.9
Calories From Fat (65%)	2268.84
% Daily Value	
Total Fat 255.98g	394%
Saturated Fat 42.69g	213%
Cholesterol 605.98mg	202%
Sodium 2602.82mg	108%
Potassium 5391.72mg	154%
Total Carbohydrates 82.43g	27%
Fiber 19.02g	76%
Sugar 23.78g	
Protein 219.72g	439%