



## Panama Pork Stew

Serves 6

This recipe can be made in a crockpot or slow cooker as suggested, or can be made in a large stew pot on the stove. Fresh, frozen or canned vegetables may be used.

2 small sweet potatoes (about 12 ounces total), peeled and cut into 2 inch pieces

1 10-ounce package of frozen corn

1 9-ounce package of frozen green beans

1 medium onion, chopped

1 ¼ pound lean pork stew meat, cut into 1 inch cubes OR 24 ounce canned pork

1 can (14.5 ounces) diced tomatoes

¼ cup water

1-2 tablespoons chili powder

½ teaspoon cumin

In a crockpot or slowcooker, place potatoes, corn, green beans and onion into bottom of pot. Top with pork. Combine tomatoes, water, chili powder and cumin in a bowl and pour over the pork. Cover and cook on Low for 6 hours if using canned pork, 7-9 hours if using fresh pork.

