

# Rosemary Pork and Potato Stew

Serves 4

- 1 small onion, chopped
- ½ can pork, chopped or shredded
- 1 can potatoes, drained and rinsed (or a large raw potato, sliced)
- 4 carrots, peeled and sliced
- 1 (15.5-ounce) can diced or stewed tomatoes, undrained
- ¼ cup low-fat, low-sodium chicken broth
- 1 teaspoon garlic powder
- 1 teaspoon dried rosemary leaves, crushed

1. Lightly spray a large, shallow saucepan with nonstick cooking spray and place over medium-high heat. Brown onion and pork until golden brown, about 2 minutes. Drain the pork of any excess grease.

2. Add the remaining ingredients and bring to a boil. Reduce to a simmer. Cook about 20 minutes to blend flavors and heat through. Stir occasionally.

Nutrition information: calories 300, fat 14g, saturated fat 4.5g, sodium 570mg, carbohydrates 24g, fiber 5g, protein 23g

## Food for Thought

When possible use fresh potatoes instead of canned potatoes. Just peel and slice before adding to stew. Increase cooking time to make sure potatoes are done.

Fresh rosemary leaves can be used in place of dried. Replace 1 teaspoon of dried herbs with 1 tablespoon fresh.

