



SIMPLE SWAPS

A simple swap means making the change from beef or chicken to delicious, fresh pork.



SLOW COOKED GARDEN PORK SOUP

INGREDIENTS

- 1 Smithfield® Fresh Pork Boneless Sirloin, cut into 1-inch cubes
- 2 cups coarsely chopped cabbage
- 1 (14-oz.) pkg. frozen peppers and onions
- 1 (10-oz.) pkg. frozen mixed vegetables
- 2 (14.5-oz.) cans no salt added stewed tomatoes
- 1 cup beef broth or stock
- 1/2 cup chopped fresh parsley, optional

INSTRUCTIONS

1. Combine all ingredients, except parsley, in a 6-quart slow cooker. Stir until well blended. Cover and cook on High for 5 to 6 hours (Low: 10 to 12 hours).
2. Stir in parsley if using.

Nutrition Information per Serving (Makes 8 Servings): Calories: 230, Total Fat: 4.5 g, Saturated Fat: 1.5 g, Trans Fat: 0 g, Cholesterol: 70 mg, Sodium: 180 mg, Total Carbohydrate: 16 g, Dietary Fiber: 4 g, Sugars: 8 g, Added Sugars: 0 g, Protein: 29 g. Nutrition information for this recipe is approximate and derived based upon supplier information and available reference data. These values may change based on substitutions or additions of ingredients or cooking technique.