



Noreen's Kitchen

Slow Cooked Garden Style

Pork Ragout

Ingredients

2-3 pound pork tenderloin, cubed	¼ cup Balsamic vinegar
3-4 Portobello mushroom caps, diced	¼ cup granulated sugar
1 medium sweet onion, diced	1 tablespoon roasted garlic powder
2 stalks celery, chopped	1 tablespoon Italian seasoning
2 carrots, grated	1 tablespoon dried oregano
1 medium green bell pepper, chopped	1 tablespoon dried basil
4-6 cloves garlic, minced	1 teaspoon dried thyme
1, 10 ounce jar Calamatta olives, drained	1 teaspoon salt
1, 10 ounce jar, red pepper strips, drained	1 teaspoon cracked black pepper
2, 28 ounce cans, crushed tomatoes	3 –4 bay leaves, fresh or dry
1, 6 ounce can tomato paste	1 Parmesan rind, optional

Step by Step Instructions

Add both cans of crushed tomatoes and tomato paste to the crock and stir well to combine.

Add all remaining ingredients and stir well.

If using the Parmesan rind, tuck it into the center of the crock and sink it in.

Cover and set on high for 6 to 8 hours on low for 8 to 10 hours.

When meat is fork tender the sauce is done.

Remove the Parmesan rind and discard.

Taste for seasonings and serve.

This Ragout is delicious served over pasta, rice, mashed or boiled potatoes or egg noodles. This would even be nice served over hot cooked grains such as wheat berries, quinoa or barley.

Store leftovers in an airtight container in the fridge for up to one week. In the freezer this can be kept for up to three months. I like to cook from frozen by tossing the block of frozen sauce right into the slow cooker and setting in on high until it is warmed through. Then keep warm till ready to serve. This is a great option for freezer banking when you are getting ready for a busy night!

Enjoy!