



Garden Fresh Farm Recipes

Cuban Black Bean & Pork Stew

This is a great cold-weather slow cooker meal. Assemble it in the morning, slow cook it all day and enjoy a hearty meal in the evening.

Ingredients:

- 1 pound dried black beans
- 1/2 cup tomato paste
- 3 cups low-sodium chicken broth
- 1 tablespoon plus 2 tsp. grated orange zest
- 1/2 cup orange juice
- 1 tablespoon cumin
- 2 teaspoons dried oregano
- 1 teaspoon crushed red pepper
- 1 large onion, thinly sliced
- 6 cloves garlic, minced
- 3 pounds boneless pork shoulder, cut into 4 large chunks
- Salt
- 2 tablespoons canola oil
- Cooked rice, optional
- Sour cream, optional
- Lime wedges, optional

Directions:

In a large bowl, cover beans with cool water, then cover and soak overnight. (Alternatively, place beans in a large bowl and pour boiling water over them to cover, then soak for 1 hour.) Drain.

In a large slow cooker, whisk together tomato paste, broth, 1 Tbsp. zest, juice, cumin, oregano, red pepper and garlic. Stir in beans and onion.

Sprinkle pork with salt. Warm oil in a large skillet over medium-high heat. Cook pork, turning with tongs, until brown on all sides, 8 to 10 minutes. Place pork on top of bean mixture in slow cooker. Cover and cook on low until beans are tender and pork is cooked through and easily shredded, 6 to 7 hours. Taste and adjust seasonings, if desired. Shred pork and stir into bean mixture along with remaining 2 tsp. zest. Serve with rice, sour cream and lime wedges, if desired.