



Savory Pork and Kale Stew

Recipe Source: www.acefitness.org

Serves 6-8

Ingredients:

1 Tbsp olive oil
2 cloves garlic, minced
1 medium yellow onion, chopped
8 oz boneless pork loin, cubed
4 cups low-sodium chicken broth
4 cups water
2 cups chopped kale
3 medium carrots, peeled and chopped
3 medium stalks celery, chopped
1 large russet potato, cubed (unpeeled)
1 small granny smith apple, cored and cubed
1 tsp dried sage
Salt and pepper to taste

Steps:

- Heat oil, garlic, and onions in a medium saucepan and sauté for about 5 minutes.
- Stir in pork and cook until lightly browned. Add remaining ingredients and bring to a boil.
- Reduce heat and simmer 1 hour.

Tips from the Test Kitchen: You can easily make a larger batch of this stew and freeze a portion of it for later.

Nutritional Facts (per serving): Calories: 127, Carbohydrates: 15 grams, Protein: 10 grams, Total Fat: 3 grams, Saturated Fat: 1 gram, Cholesterol: 21 mg, Sodium: 588 mg, Fiber: 3 grams, Total Sugars: 5 grams.