



Slow Cooker Curry Pork

1 ½ pounds pork loin – trimmed and cubed
2 TBS flour
1 tsp. salt
1 tsp. black pepper
4 medium red potatoes – peeled and cubed
1 medium red bell pepper – peeled and cubed
1 yellow onion – chopped
1 TBS fresh ginger – grated
3 garlic cloves
1 cup chicken stock
2 TBS tomato paste
1 tsp. sugar
1 tsp. ground cumin
2 tsp. curry powder
¾ cup coconut milk

- In a small bowl mix together the flour, salt and pepper.
- Rinse and pat dry the pork. Place on a cutting board and sprinkle with the flour. Coat well.
- In a slow cooker place the potatoes. Top with the bell pepper, onion, garlic and ginger. Add the pork with the excess flour.
- In a small bowl whisk together the chicken stock, tomato paste, sugar, cumin and curry. Mix well. Pour liquid over the meat. Carefully mix in liquid.
- Turn slow cooker on low. Cook pork for 7 hours.
- Mix cooked pork with a fork. Add coconut milk. Mix well being careful not to mash the potato.
- Serve with rice. Enjoy!