

Simmered Steaks and Sweet Potatoes:

4 Meadowbrook's Omega Pork Blade Steaks	1 tsp
canola oil	
2 small sweet potatoes, peeled and sliced	1 medium
Sawler's onion, sliced	
¾ cup unsweetened pineapple juice	1 Den Haan's
green pepper cut into rings	
2 tsp cornstarch	¼ tsp cinnamon

Spread canola oil over the bottom of a non-stick frying pan. Over medium-high heat, brown pork steaks lightly, about 3 minutes per side. Drain off any excess fat. Season pork with salt and pepper. Add sweet potatoes, onion, and ¼-cup pineapple juice. Cover; cook over medium heat for 10 minutes. Top with green pepper rings. Cook 10 minutes more or until tender. Remove pork steaks and vegetables; keep warm. Combine cornstarch and cinnamon with remaining pineapple juice. Add to pan along with any meat juices; cook and stir 2-3 minutes or until thickened. Spoon over pork and vegetables to serve. Yields 4 servings.

Source: Pork Nova Scotia
