

Pork and Lentil Stew:

1 lb Meadowbrook's Omega Pork Leg Steak, cubed	2
1/2 cup all purpose flour	
1/2 cup canola oil	4 Sawler's
2 carrots, diced	
2 medium Sawler's onions, chopped	2 garlic
2 cloves, minced	
1 stalk celery, chopped	3/4 cup
1/2 cup red lentils	
19 oz can tomatoes	4 cups
1/2 cup beef stalk	
1 tsp basil, chopped	

In a plastic bag, coat pork cubes with flour. In a large saucepan, heat oil over medium-high heat. Add pork; stir-fry for 3 minutes until pork is browned. Add carrots, onions, garlic, and celery; stir-fry for 3 minutes. Add remaining ingredients. Bring to a boil, reduce heat, and simmer 1-1/2 hours until meat is tender. Yields 8 servings