

From our kitchen to yours



Pork & Okra Creole

Courtesy of Diabetes Canada

PREP TIME: 10 min COOK TIME: 35 min TOTAL TIME: 45 min YIELDS: 4

Ingredients:

2 tbsp	canola oil, divided	6 oz.	fresh or frozen and thawed okra, cut into 1/2 inch slices
12 oz.	pork tenderloin, cut into 1/2 inch slices	1 can	no-salt added, diced tomatoes
1 cup	diced onions	1 1/2 tsp	dried thyme leaves
1	green bell pepper, seeded and cut into 1 inch pieces	1/4 cup	finely chopped parsley or green onion
1	red bell pepper, seeded and cut into 1 inch pieces	2 tsp	hot sauce
2	garlic cloves, minced	1/2 tsp	salt
		2 cup	cooked brown rice

Directions:

In a large skillet, heat 1 tbsp canola oil over medium-high heat. Cook pork for 3 minutes or until slightly pink in centre, stirring occasionally. Set aside on separate plate.

Heat remaining 1 tbsp canola oil and cook onions and peppers for 4 minutes or until vegetables begin to lightly brown on edges. Stir in garlic and cook for 15 seconds, stirring constantly. Stir in okra, tomatoes, thyme, and cooked pork. Bring to boil over medium-high heat. Reduce heat to medium-low, cover, and simmer for 20 minutes or until vegetables are just tender. Remove from heat.

Stir in parsley, hot sauce, and salt. Cover and let stand for 5 minutes to absorb flavours.

Serve the pork and okra mixture over rice.

