



A LOCAL *Ontario food* EXPERIENCE

menu of the week

salsa-braised pork

roasted mixed root vegetables

apple-pear-berry crisp à la mode

Salsa Braised Pork

Adapted from *Eating Well Magazine*. Makes eight $\frac{3}{4}$ cup servings.

- 3 pounds pork stewing meat
- 1-1/2 cups La Natura Salsa Verde
- 1/2 cup Saucier Organic Chicken Broth
- 1 medium onion, thinly sliced
- 1 teaspoon cumin seeds, or ground cumin
- 1 can Thomas Utopia whole tomatoes, drained and broken up
- 1/2 cup chopped fresh cilantro
- 1/2 cup sour cream for garnish

Combine pork, salsa, chicken stock, onions, cumin and tomatoes in a Dutch oven or other oven-proof casserole with a lid and mix gently.

Cook in a preheated 350F oven for 2 $\frac{1}{4}$ hours. Uncover and continue baking until the meat begins to brown, about 15 minutes more.

To serve, ladle into bowls and garnish each serving with a dollop of sour cream and a sprinkling of cilantro.

Cover and refrigerate for up to 2 days (it's even better then) or freeze for up to 3 months.

Enjoy!

See over for shopping list...



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Culinarium shopping list

3 lbs pork stew meat
1 can Thomas Utopia whole tomatoes
fresh coriander
2 jars La Natura Salsa Verde
1 jar Saucier Organic Chicken Broth
1 medium onion
1 sour cream
Luke's Tortilla Chips (*optional*)

Culinarium's Own Marinated Roasting Vegetables
(*simply roast at 350F for 1 hour*)

Kathleen's Mom's Homemade Apple-Pear-Berry Crisp
(*bake from frozen at 350F for 1 hour once vegetables are done*)

Mapleton Organic Vanilla Ice Cream

other

cumin
avocado (*optional*)

Appetizer Tip

For a quick guacamole, mix the 1/2 jar of La Natura Salsa Verde not needed for the recipe with one ripe, mashed avocado and serve with Luke's Tortilla Chips!

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