

Pork, Lentil and Barley Stew



Makes:

4 - 6 servings

Utensil:

Saladmaster Food Processor
5 Qt./4.7 L Multi-Purpose Oil Core

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Contributed By:

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Contributing Recipe Editor

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1 ?₂

pounds

boneless pork loin

(680

g)

1 ?₂

cup

lentils

(128

g)

1 ?₂

cup

pearl barley

(100

g)

6

ounces

mushrooms, sliced, use Cone #4

(170

g)

2

teaspoons
garlic, shredded, use Cone #1
(6
g)
4
cups
chicken broth, low-sodium
(950
mL)
1
tablespoon
dried onion
(7
g)
1
bay leaf
¹?₂
teaspoon
dried basil
(1
g)
¹?₂
teaspoon
dried ground thyme
(1
g)
salt and pepper to taste

Directions:

1. Place pork roast in MP5. Add all remaining ingredients. Cover.
2. Set temperature probe to 175°F/80°C and cook for 5 hours.
3. When cooked, discard bay leaf, remove pork and place on cutting board. Shred with 2 forks. Place shredded meat back into MP5, stir to blend and serve.

Nutritional Information per Serving

Calories:

266

Total Fat:

5g

Saturated Fat:

2g

Cholesterol:

75mg

Sodium:

108mg

Total Carbs:

22g

Dietary Fiber:

5g

Sugar:

2g

Protein:

33g

Based on 6 servings