

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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Recipe:

Contributed By:

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Contributing Recipe Editor

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1 ½ pounds
boneless pork loin

(680
g)

½ cup
lentils

(128
g)

½ 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)

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 22g

Carbs:

Dietary Fiber: 5g

Sugar: 2g

Protein: 33g

Based on 6 servings