



COST PER  
SERVING  
**\$2.81**

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**MAKE IT VEGETARIAN**

Swap the pork for 1½ lbs of chopped root vegetables (like sweet potatoes, parsnips and rutabaga). Decrease the cooking time by 2 hours.

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**SLOW COOKER**

***Pork, carrot and chickpea stew***

ACTIVE 25 MIN ♦ TOTAL 5 HR 55 MIN OR 8 HR 25 MIN ♦ SERVES 4

- ½ cup low-sodium chicken broth
- 2 Tbsp flour
- 1 Tbsp grated fresh ginger
- 2 tsp ground cumin
- 1 tsp ground coriander
- Kosher salt and pepper
- 1 2½-lb pork butt, well trimmed and cut into 2-in. pieces
- 1 28-oz can diced tomatoes, drained
- 8 oz medium carrots, cut into 2-in. pieces
- 4 cloves garlic, smashed
- 1 red onion, cut into ¾-in. wedges
- ½ cup dried apricots, quartered
- 1 15-oz can chickpeas, rinsed
- 1 cup couscous
- Chopped fresh cilantro, for serving

- 1 In a 5- to 6-qt slow cooker, whisk together the broth, flour, ginger, cumin, coriander and ½ tsp each salt and pepper.
- 2 Add the pork, tomatoes, carrots, garlic, onion and apricots and toss to combine. Cook, covered, until the pork is tender and easily pulls apart, 4½ to 5½ hours on high or 7 to 8 hours on low.
- 3 Ten minutes before serving, add the chickpeas to the pork and prepare the couscous according to package directions. Serve the pork, vegetables and any pan juices over the couscous and sprinkle with cilantro, if desired.

**PER SERVING** 616 CAL, 12 G FAT (3 G SAT FAT), 98 MG CHOL, 855 MG SOD, 44 G PRO, 79 G CAR, 11 G FIBER