



## Slow Cooker Pork Stew with Cilantro

### Description

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A friend of mine recently asked me if I had any good crock pot recipes. I made this pork stew with cilantro a few months ago and had forgotten to share it. This was the first time Iâ€™d ever made a pork stew and to be truthful the first time Iâ€™ve heard of a pork stew. I was pleasantly pleased with the results and will definitely make it again. Itâ€™s not very soupy, but I loved the flavors and it makes a nice hearty meal.

I substituted a few of the ingredients because I didnâ€™t have everything on hand like I thought I did. My version was a little spicy because I used chili powder instead of paprika. I will list the original ingredients and then make a note of what I substituted or added. My friend made the original version and her family loved it as well. Either way I donâ€™t think you can go wrong it just depends on whether if you like things spicy.

I love slow cooker recipes because they often take very little effort and by 5:00 you have a meal ready and waiting for you to enjoy. There are certain things I donâ€™t like cooked in the crock pot like chicken. For some reason chicken always tastes dry to me when Iâ€™ve cooked it in a crock pot. Slow cookers can vary greatly when it comes to cooking times. However, pork is one thing that usually always turns out good. Iâ€™m not sure you can overcook it, but donâ€™t quote me on that. If you donâ€™t have time in the morning you can prepare the ingredients the night before for this recipe and refrigerate them in the pot (if itâ€™s removable). However, the cookbook authors recommend adding the potatoes the day of cooking since they discolor rapidly after cutting.

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The original source of this recipe is from the cookbook **Summer or Sizzle Cooking with Your Slow Cooker or Contact Grill** by Kathryn Moore and Roxanne Wyss. On a side note, I actually got to meet the authors at a KC Culinary Center cooking demonstration years ago. The two women used to work together in the test kitchens at Rival Manufacturing Company maker of the Crock-Pot slow cooker. If you live in the Kansas City area I highly recommend checking out some of the classes and demonstrations at the KC Culinary Center.

### Pork Stew with Cilantro

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#### Ingredients

- 2 tbsp flour
- 1 tsp salt
- 1/4 tsp pepper
- 2 lb. boneless pork loin roast, cut into 1 inch cubes
- 2 tbsp vegetable oil
- 1 large onion, chopped
- 3 medium carrots, sliced
- 8 new red potatoes, halved
- 1 tbsp dry minced garlic (I used 2 Dorot frozen garlic cubes)
- 3 tbsp tomato paste
- 1 tsp paprika (I used 1/2 tsp chili powder)
- 1/2 tsp cumin
- 1/2 tsp ground pepper
- 1/4 tsp cayenne pepper
- 1 can (14.5 oz) beef broth
- 2 tbsp minced cilantro (I used Dorot frozen cilantro cubes)

#### Instructions

1. Combine flour, salt, and pepper in a gallon zip lock bag. Add pork cubes; seal and shake to coat evenly.
2. Heat oil in large skillet over medium-high heat.
3. Add pork and cook until browned; drain and place in slow cooker.
4. Add remaining ingredients except fresh cilantro. Cover and cook on low setting for 6 to 7 hours.
5. Stir in cilantro and cook for 30 minutes.

**Here are a few other slow cooker recipes you might like.**



[Beef Stew](#)



[Slow Cooker Pot Roast](#)

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