

Crisco's® Pork with Spiced Tomato Sauce (for 4)
Recipe Cookbook: Crisco® "We Cook" Cookbook

INGREDIENTS:

3 TBS CRISCO Oil
1 1/2 lbs lean pork (eg, tenderloin), trimmed of fat & cut in 1" thick slices
1 large onion, peeled/sliced
2 tsp jarred minced garlic, (or 1 large clove, peeled & minced)
1 can (8 oz) tomato purée
1/2 C water
1 tsp ground coriander
1/4 tsp nutmeg
1 pinch ground cloves
1/4 tsp salt
1/4 tsp freshly ground black pepper

DIRECTIONS:

Heat Crisco Oil in 10 or 12-inch skillet on medium-high heat. Pat pork with paper towels. Add pork slices to pan. Brown on both sides. Remove with tongs. Set aside.

Reduce heat to medium. Add onion & garlic to pan. Cook 2 minutes, or till onion is translucent. Add tomato puree, water, coriander, nutmeg & cloves to pan. Simmer 10 minutes. Return pork to pan, along with any juices that accumulated. Simmer 15 minutes, covered or till pork is no longer pink in center. Season with salt & pepper. Serve immediately.

Note: Boneless, skinless chicken breasts or boneless pork chops can be cooked in same fashion. The dish can also be made up to 2 days in advance & refrigerated, tightly covered. Reheat on low heat till hot just prior to serving.