



Sweet n Sour Pork

INGREDIENTS:

1 1/2 pounds pork loin, lean
1/2 cup water
1/4 cup brown sugar
1/2 teaspoon salt
1 cup pineapple juice *
20 ounces pineapple chunks in juice, drained
2 tablespoons cooking oil
1/3 cup vinegar
2 tablespoons cornstarch
1 tablespoon soy sauce
3/4 cup green pepper, sliced
1/2 cup onion, sliced

DIRECTIONS:

Brown pork in oil in large skillet. Combine water, vinegar, brown sugar, cornstarch, salt, soy sauce, and juice from pineapple; cook until clear and slightly thickened, about 2 minutes. Add sauce to pork in skillet; cook over low heat for about 1 hour or until pork is done. Add pineapple chunks, green peppers and onion; continue cooking for 2 minutes longer.

Cooks Note: Use juice from pineapple chunks.

Serving Size: 4