



"The Local Buy" Recipe, Episode 312

Pork in Tomato

Courtesy Mary's Land Farm

Ingredients

- 1 pound pork loin with or without bone, according to preference
- 1 whole onion, quartered
- 1 onion finely chopped
- 1 whole garlic clove
- 2 garlic cloves finely chopped
- 3 chilies finely chopped
- 1 pound diced tomatoes
- 1 tablespoon olive oil
- 1 teaspoon sugar
- 2 bunches of cilantro
- Salt to taste



Serves 4.

Directions

1. Rub the pork with salt. Combine the pork with quartered onion and the whole clove of garlic in a pot. Cover with water and cook on the stove top until the pork is tender.
2. Heat oil over medium heat in a casserole pan. Fry onion, garlic, and chilies.
3. Add tomatoes, salt, and sugar to the casserole pan.
4. Combine the pork with the tomato in the casserole pan and cook until done.