



JERNEJ KITCHEN

PORK STEW WITH STRING BEANS

Pork Stew with String Beans is easy and delicious for any day of the year. A simple recipe that can be made with beef, lamb or chicken too.

SERVES	6	PEOPLE
PREPARATION:	10	MINUTES
COOK:	60	MINUTES
TOTAL TIME:	70	MINUTES

PORK STEW WITH STRING BEANS

2 tbsp olive oil

1 onion, diced

1 celery stalk, diced

1 yellow pepper, diced

1 sprig thyme and 1 bay leaf

750 g pork shank or pork leg,
boneless

4 cloves of garlic, diced

1 tsp sweet paprika powder

4 tomatoes

150 g tomato purée (5.3 oz)

salt, pepper

750 g string beans (1.6 pound)

350 ml water or vegetable stock
(12.3 oz)

TOOLS AND EQUIPEMENT

large pot with a lid

kitchen knife

cutting board

wooden spoon

[Vacuum machine](#)

COOK THE VEGETABLES

Place a large pot over low heat. Add 1 tbsp of olive oil. Add diced onion, diced celery stalk, and diced yellow pepper. Add a sprig of thyme and bay leaf. Cook for about 6 - 8 minutes on low heat, stirring occasionally.

PORK

Clean the pork meat. Remove the veins and cut the meat on cubes approx. 1 cm x 1 cm (1/2 inch x 1/2 inch).

PORK STEW WITH STRING BEANS

Increase the heat and add another tablespoon of olive oil to the vegetables. Add the pork meat and cook for about 5 minutes, for the meat to cook. Add diced garlic and paprika powder. Stir to combine and cook for another minute or so. Add diced tomatoes and tomato puree. Reduce the heat to low, season with salt and pepper and cover with a lid. Cook for about 10 - 15 minutes.

COOK, THEN SERVE

Add the cleaned string beans and vegetable stock or water. Cover with a lid again and cook for another 35 - 40 minutes or until the string beans are cooked al dente and the sauce becomes thicker. Serve your Pork Stew with String Beans with a generous dollop of sour cream and chopped parsley or chives. Store in a fridge for up to three days or freeze for up to 3 months.

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