



PORK AND APPLE CURRY

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ONE BATCH SERVES 6

| INGREDIENTS | X1 | X2 | X3 | X4 |
|---|-----------|----------|-----------|----------|
| Oil (I use coconut or olive) | 2 T | 1/4 c | 6 T | 1/2 c |
| Chopped onion | 2 cups | 4 cups | 6 cups | 8 cups |
| Peeled and grated fresh ginger root | 2 T | 1/4 c | 6 T | 1/2 c |
| Gluten free curry powder | 1 T | 2 T | 3 T | 1/4 c |
| Minced garlic | 2 cloves | 4 cloves | 6 cloves | 8 cloves |
| Cayenne pepper, optional | 1/8 t | 1/4 t | 3/8 t | 1/2 t |
| Pork, fat trimmed and cut into 1" cubes | 1 1/2 lbs | 3 lbs | 4 1/2 lbs | 6 lbs |
| Tomato juice | 4 c | 8 c | 12 c | 16 c |
| Peeled and sliced cooking apples (about 1/3" thick) | 2 1/2 c | 5 c | 7 1/2 c | 10 c |
| Raisins | 1 c | 2 c | 3 c | 4 c |

In a large pan, heat oil over medium high heat and cook the onions until they are translucent. Add ginger, curry, garlic, cayenne and pork. Cook until pork is browned.

Add tomato juice. Bring to a boil, then reduce heat to a simmer. Simmer for 30 minutes covered. Add apples and raisins, and stir. Simmer for another 20 minutes uncovered.

To freeze: Allow mixture to cool. Put into a freezer bag, remove as much air as possible, seal, label and freeze.

To serve: Thaw. Reheat. Serve over rice, quinoa, sweet potatoes or squash. You can garnish with thinly sliced green onions and coconut.