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Butternut Harvest Stew

A wonderful way to warm up after a cool fall day.

Ingredients

2 tbsp butter or oil
1 ½ lbs (750g) pork tenderloin, cut into ¾" cubes
1 medium onion, chopped
2 cloves garlic
3 cups chicken broth
¾ tsp salt
¼ tsp dried rosemary
¼ tsp ground sage
1 bay leaf
1 medium butternut squash, peeled and chopped
2 medium apples, peel if desired and chopped

Directions

1. Heat oil or butter over medium heat in a pan. Add pork, and onion and sauté for about 5 minutes. Add garlic and sauté for 2-3 more minutes.
2. Add broth, salt, rosemary, sage and bay leaf. Cover and simmer over medium-low heat for 20 minutes.
3. Add squash and apples and simmer uncovered for about 20 minutes or until apples and squash are tender. Remove bay leaf, serve and enjoy!

Source: Simply in Season by Mary Beth Lind and Cathleen Hockman-Wert