

Pork and Vegetable Thick Soup

Ingredients:

1 tablespoon canola oil
1 (1 1/2 lb) pork shoulder roast, boneless and cut into pieces
1/8 teaspoon salt
1/8 teaspoon and 1/4 teaspoon pepper, divided
8 small red potatoes, unpeeled and quartered
2 cups baby carrots cut in half
1 (12 oz) jar pork gravy
2 tablespoons ketchup
1/2 teaspoon dried rosemary
1/8 teaspoon ground sage
1 1/2 cup frozen cut green beans, thawed

Preparation:

Place the oil in a skillet over high heat.

Heat the oil until hot but not smoking.

Sprinkle the pork pieces with the salt and 1/8 teaspoon of pepper and place them in the hot oil.

Cook 7 minutes or until brown on both side and no longer pink in the middle, being sure to stir them often to ensure even browning.

Place the pork into a crock pot.

Add the quartered potatoes and the carrots.

Pour in the gravy mix and the ketchup.

Sprinkle in the rosemary, sage and the remaining pepper.

Stir until all the ingredients are incorporated together well.

Cover and cook on low 7 hours.

Add the green beans to the soup and stir to combine.

Cover and place the heat on high.

Continue cooking 20 to 30 minutes or until the green beans are fork tender.

Serving Size: 6

The ketchup in this soup gives it not only a rich color but a slightly sweet taste. In a hurry and don't have time to brown the pork you don't have too. Just put it in the crock pot as is and allow it to brown on its own. It will give you a little less flavor and color but will save you time with both cooking and clean up.