

# Braised Pork, Onion, Bell Pepper, and Pecans

Servings : 6

Amount	Measure	Ingredient - Preparation Method
3	tablespoons	lard
2	pounds	boneless pork loin - 1" cubes
1	medium	onion - thinly sliced
1	medium	red bell pepper - seeded and thinly sliced
1	clove	garlic - minced
2	tablespoons	all-purpose flour
1	cup	dry white wine
		beef broth
		salt and pepper
1	pound	shelled pecans

In a large, heavy saucepan or pot, melt the lard over moderate heat, add the pork, and brown on all sides, stirring. Add the onion, bell pepper, and garlic and stir till they soften, about 5 minutes. Sprinkle flour over top and stir 1 minute. Add the wine plus enough broth to cover and season with salt and pepper. Bring to low boil, reduce heat, cover, and braise for about 45 minutes. Add pecans, stir, and braise till pork is fork tender and sauce is thickened, about 30 minutes.