

Italian Pork Stew

Servings : 6

| Amount | Measure | Ingredient - Preparation Method |
|--------|-------------|--|
| 1 | each | red bell pepper - cut into strips |
| 1 | each | yellow bell pepper - cut into strips |
| 1 | medium | onion - cut into thin wedges |
| 1 | tablespoon | minced garlic |
| 2 1/2 | pounds | boneless pork roast - 1.5" cubes |
| 2 | tablespoons | olive oil |
| 1 | 14.5 oz | can diced tomatoes with roasted garlic |
| 1/2 | cup | red wine |
| 1 | teaspoon | fennel seed |
| 1/2 | teaspoon | dried orange peel |
| 1/2 | teaspoon | crushed dried rosemary |
| 1/4 | teaspoon | crushed red pepper |
| 1/4 | teaspoon | salt |
| 1/8 | teaspoon | black pepper |
| 3 | tablespoons | all purpose flour |
| 1/4 | cup | water |

Place bell peppers, onion and garlic in 3.5 to 6.5 qt slow cooker.

Pat pork dry with paper towels. Heat oil in large skillet over med heat till hot. Cook pork in batches 4-5 minutes or until browned, stirring occasionally. Place in slow cooker.

Add tomatoes and wine to skillet. Bring to a boil over med heat, scraping up brown bits. Pour over pork. Add all remaining ingredients except flour and water to slow cooker.

Cook, covered, on low heat 7 to 9 hours or until pork is fork tender. In small bowl, whisk together flour and water. Whisk into liquid in slow cooker. Increase heat to high. Cook 15 minutes or until thickened.