

Pork Casserole

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Preparing a large casserole is a perfect way to feed a hungry family—just bulk up the dish with more vegetables for an economical, filling meal.

Ingredients:

½ cup all-purpose flour
½ teaspoon caraway seeds
½ teaspoon salt
¼ teaspoon paprika
¼ teaspoon black pepper
2 pounds pork, cut into ½-inch cubes
2 tablespoons butter
¼ cup sliced onions
6 ounces prepared sauerkraut
1 cup water
2 tablespoons tomato puree
2 tablespoons vinegar

Directions:

- 1) Sift together flour, caraway, salt, paprika, and pepper in a large bowl. Add pork cubes and toss to coat.
- 2) Melt butter in a large skillet over medium. Add pork; cook until browned on all sides, stirring occasionally, about 8 minutes total.
- 3) Add onions to skillet; cook until golden, about 4 minutes, stirring. Add sauerkraut; stir to mix.
- 4) Whisk together water, tomato puree, and vinegar in a small bowl. Add to skillet; bring to a boil over high. Reduce to a simmer and cook about 90 minutes, until meat is tender.