

Sweet and Sour Apricot Pork

Printed from Pork Recipes at <http://www.porkrecipes.net/>

Yum! A quick stir-fry that's far different—and tastier—than the ones you're used to getting for take-out.

Ingredients:

¼ cup vegetable oil
2 ½ pounds lean pork, cut into 1-inch cubes
3 green bell peppers, seeded, chopped
2 cloves garlic, chopped
4 cups chicken broth
1 (20-ounce) can pineapple chunks, drained
½ cup cider vinegar
1 cup apricot jam

Directions:

- 1) Heat oil in a large skillet over medium; add pork and cook until lightly browned, stirring occasionally, about 5 minutes.
- 2) Add bell peppers and garlic to skillet; cook until softened, stirring, about 2 minutes.
- 3) Add broth, pineapple, vinegar, and jam to skillet; bring to a boil over high heat. Reduce to a simmer and cook, covered, until pork is tender, about 10 minutes. Uncover and simmer until liquid is thickened and slightly reduced, about 5 additional minutes.