



Braised Pork with Mixed Vegetables

Super easy and tasty comfort food dish with a light licorice flavor

- 1 teaspoon Italian seasoning
- 1 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1-1/4-pound pork tenderloin, trimmed/skin removed

Directions:

In a small bowl, combine first 3 ingredients; season pork tenderloin on all sides. Set aside.

Braised Pork/Mixed Vegetables:

- 2 Tablespoons oil
- 4 thin slices peeled fresh ginger
- 1/2 cup dry sherry or shaoshing wine
- 1-1/2 Tablespoons tamari (gluten free soy sauce)
- 1 star anise
- 4 whole cloves
- 1/2 teaspoon honey
- 2-1/2 cups water or chicken/or vegetable stock or broth

1 cup thin sliced carrots
1 cup daikon or watermelon radishes, large chopped
1 cup chopped fresh zucchini
2 Tablespoon chickpea flour
1/2 to 1 cup chicken stock or broth, room temperature
Serve with: as desired baby spinach leaves, cooked brown rice

- Heat oil in a Dutch oven or large pot over medium high heat. Add the ginger; sauté for 1 minute or until fragrant.
- Add pork tenderloin; sauté until browned on all sides, about 10 minutes.
- Add the wine, tamari, star anise, cloves, honey, and water; cover; cook until pork tests 145-degree F. about 10 to 12 minutes. Remove to warm plate.
- Add carrots and radishes; cook in boiling juices for 10 minutes or almost tender. Add zucchini, cook for 2 to 5 minutes. Spoon 1 cup pork juice over the pork; cover; set aside.
- With a slotted spoon, remove the vegetables to the pork plate. Remove and discard the anise star and cloves. Set aside.
- In a small container, whisk the chickpea flour and 1/2 cup broth together; add to pot liquid; cook over medium heat until lightly thickened, stir frequently.
- To Serve: Cut pork into serving slices. Arrange spinach leaves on serving platter, cooked rice, cooked vegetables with juices and pork slices. Spoon pork gravy over pork. Serve: 4

Cook's Note: If you have lots of pan drippings, you will need to increase the chickpea flour when you thicken the sauce.

Recipe Inspired by: *Dr. Koufman's Acid Reflux Diet* book

About the Recipe: This one-pot, comfort dish uses tender lean pork that is braised, sliced, and served with sweet licorice-like favored cooked carrots, radishes, and zucchini. Just add some warm brown rice and drizzle the gravy over the super easy to make pork dish.