Healthy Recipe of the Month
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Speedy Pork Cassoulet
Has it been awhile since you have fixed a pork dish, thinking that all red meats (usually interpreted as beef and pork) are too high in saturated fat to be healthy? Well, there's been a change in the way ranchers raise cattle and hogs, so the meat at the supermarket is leaner than in years past. By choosing meat cuts from the loin, you can enjoy the benefits of red meat without the high saturated fat levels. Pork is a great source of protein, iron, zinc, thiamine and other B vitamins.

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**Speedy Pork Cassoulet**

Prep time: 30 minutes | Serves 4

- 1 lb boneless pork loin, cut into ¾ inch cubes
- 1 tbsp olive or canola oil
- 2 medium onions, chopped
- 2 cloves garlic, crushed
- 2 15 oz cans white beans
- 1 tsp dried crushed rosemary
- 1 tsp dried crushed thyme
- ¼ tsp salt
- ¼ tsp pepper
- ¼ cup chopped parsley
- ¼ cup bread crumbs
Directions:

In large saucepan, heat oil, add onions and garlic and cook until soft, but not brown. Add pork, cook and stir until no longer pink (2-3 minutes). Add beans, broth, tomatoes and seasonings. Bring to boil, reduce heat and simmer around 10 minutes, stirring occasionally. Spoon into soup bowls and top with parsley and bread crumbs.

To make this a French dinner, serve with torn greens salad with vinegrette dressing, warmed whole wheat French bread, with apple or pear slices and Swiss cheese for dessert.

Nutrients per serving:

- 400 calories
- 37 g. protein
- 10 g. dietary fiber
- 1.6 g. saturated fat