

Pork and Eggplant Stew

This recipe will fill 4 medium trays*

Contributed by: Hallie Thompson

Ingredients:

2 lbs boneless Pork Loin cut into small pieces	3- 11.5 oz cans Vegetable Juice (one divided for browning and cooking in place of oil)
2 med. Vidalia Onions, cut in half and then thinly sliced into rings	2 tsp Oregano
1 tsp minced Garlic	2 tsp Basil
4 med. Peeled and cubed eggplant	1 tsp Salt
2- 14.5oz cans diced Tomatoes (undrained)	½ tsp Pepper
1 med. Red Pepper diced	2 TBSP Parsley
1 med. Yellow Pepper diced	¾ C Feta Cheese crumbles



Directions:

1. To release bitterness from eggplant: peel and slice eggplant, lightly salt the bottom of one tray and place a row of eggplant directly onto the tray, and then lightly salt each row as you stack the eggplant on top of each other. Place a second tray on top of the stack, and place something heavy on top to help eggplant drain. Let drain for about 1 hour.
2. Rinse each piece of eggplant, and place on paper towels to soak up remaining water. Drain and wash trays.
3. Cube the egg plant and set aside
4. Put ½ C Veg. Juice into a 6 quart pan. Add cut up pork, sliced onion, and garlic. Cook over medium-high heat until pork is browned and onions are tender. (add more veg. juice if needed)
5. Add remaining Veg. Juice and ingredients except cheese. Stir together until combined. Bring to boil, cover and reduce heat to simmer until Vegetables are tender (about 15 min.)
6. Remove from heat, stir in crumbled Feta Cheese. Let cool, place on Freeze Dry Trays. May want to use dividers if you want it pre-portioned. Pre-Freeze until frozen solid.
7. Freeze Dry
8. Store Appropriately (See Tips and Tricks for storage help)

Cycle Time: varies	Rehydration: Add a little bit of boiling water, stir cover and let sit for 5 minutes. Repeat until desired consistency is reached.
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Cycle times & rehydration for reference only

*XL Tray = 15 Cups/Tray

Large Tray = 8 Cups/tray

Medium = 6 Cups/Tray

Small = 5 Cups/Tray