

# Pork and Eggplant Stew

*This recipe makes about 20 cups of stew*



## Ingredients

**2 lb** boneless pork loin, cut into small pieces  
**2** medium Vidalia onions, halved and thinly sliced into rings  
**1 tsp** minced garlic  
**4** medium peeled and cubed eggplants  
**2 14.5 oz** cans diced tomatoes (undrained)  
**1** medium red pepper, diced  
**1** medium yellow pepper, diced  
**3 11.5 oz** cans vegetable juice (one divided for browning and cooking in place of oil)  
**2 tsp** oregano  
**2 tsp** basil  
**1 tsp** salt  
**½ tsp** pepper  
**2 tbs** parsley  
**¾ cup** feta cheese crumbles

**This recipe was contributed by Hallie Thompson**

## Directions:

1. Peel, slice, and lightly salt the eggplant, stacking layers with salt between them on a tray.
2. Place a second tray on top, add a heavy object, and let drain for 1 hour.
3. Rinse the slices, pat dry with paper towels, and clean the trays.
4. Cube the eggplant and set aside.
5. Pour ½ cup vegetable juice into a 6-quart pan. Add the pork, onions, and garlic. Cook over medium-high heat until the pork is browned and the onions are tender, adding more vegetable juice if needed.
6. Add the remaining vegetable juice and all other ingredients except the cheese. Stir to combine.
7. Bring to a boil, then cover and reduce heat to a simmer. Cook for about 15 minutes or until the vegetables are tender. Remove from heat and stir in the crumbled feta cheese.
8. Let cool, then spread onto freeze-dry trays. Use dividers set to 10 if pre-portioning is desired.
9. Freeze until frozen solid.
10. Freeze dry (my cycle time was 36 hours)
11. Store in jars for short-term use or in mylar bags for long-term storage

## Rehydration:

To rehydrate 3 portions of stew, add 1 to 1.25 cups of hot water and let it sit for 5–10 minutes, stirring occasionally. If the consistency is too thick, add more water gradually until desired texture is reached. Heat if needed before serving.

## Notes:

Garnish the stew with fresh parsley, extra crumbled feta, or a drizzle of olive oil for added flavor. Serve with crusty bread, rice, or quinoa to soak up the broth, or pair it with a simple side salad for a fresh contrast.

## Nutritional Value Per 1 ½ cups

Calories: 101 Protein: 8.1 g Fat: 3.2 g Carbohydrates: 7.3 g Sugar: 3.8 g Fiber: 2.2 g

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