

Leftover Pork and Potato Curry

Ingredients:

- 4 potatoes
- 1 onion
- 2 cloves garlic
- 2 teaspoons curry powder
- 14 ounces green beans, low sodium (1 can)
- 14 ounces low sodium tomatoes, canned (1 can)
- 2 cups cooked pork, sliced or diced
- 1/3 cup seedless raisins

Equipment:

- Cutting board
- Knife
- Microwave safe casserole dish
- Measuring spoons
- Measuring cups

Number of Servings: 4
 Prep Time: 15 minutes
 Total Time: 15 minutes

Directions

1. Wash potatoes and cut into 1/2 inch thick slices. Place flat side down on cutting board and cut into 1/2 inch thick slices, then into chunks. Put in a microwave safe dish with a small amount of water. Cover and cook on high for ten minutes. Remove from microwave.
2. While potatoes are cooking, cut the ends off of the onion, remove brown layers and rinse. Cut in half lengthwise and place flat side down. Slice into strips keeping onion together. Turn 1/4 and slice again to make dice. Chop up any large pieces.
3. Add to dish with potatoes.
4. Place garlic cloves on a cutting board, and lay flat part of knife on top. Use heel of hand and slap knife to break the tough skin of clove. Peel off skin, and chop garlic into small pieces. Add to dish with potatoes.
5. Sprinkle curry powder on top of potatoes and onions, cover and return to microwave oven for 2 minutes on high. Remove from oven and stir.
6. Open green beans and drain liquid. Pour on top of potatoes. Open tomatoes and pour on top of potatoes. Cover.
7. Add tomatoes and green beans. Microwave on high 4 minutes, stirring after 2 minutes. Add meat and raisins. Mix well. Microwave on high 2 minutes or until hot. Season with salt and pepper, if desired.

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Nutrition Facts

Serving Size: 1 1/2 cups			
Servings: 4			
Amount Per Serving		Calories from Fat 99	
Calories 356			
		%Daily Value*	
Total Fat 11g			17%
Saturated Fat 4g			19%
Cholesterol 57mg			19%
Sodium 76mg			3%
Total Carbohydrate 43g			14%
Dietary Fiber 6g			23%
Protein 24g			48%
Vitamin A 19%	Vitamin C 74%		
Iron 21%	Calcium 9%		
<small>*Percent Daily Values are based on a 2,000 calorie diet.</small>			

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