



Rack of Pork Stew

INGREDIENTS SERVES 6-8

2 racks of pork chops
2 large onions, cut in thirds
3-4 carrots, large dice
3-4 celery stalks, thick slices
6-7 Campari tomatoes, cut in half
3 garlic, smashed and chopped
1 c fresh parsley, rough chop
1 c San Marzano whole tomatoes
8 oz water
3/4 bottle wine (Red and/or White)
1/4 c fresh sage, rough chop
Magic 3 (olive oil, salt, pepper)

INSTRUCTIONS

1. Prep all your ingredients. Add oil to the large dutch oven or heavy duty pot and toss all the vegetables in (onions, carrots, celery, garlic, fresh tomatoes). Sauté all them for 5-7 minutes.
2. Season the pork with salt and pepper
3. Once the vegetables have softened slightly, add the canned tomatoes, wine and water then nestle the pork in this flavor filled bath. Add the chopped parsley. Raise the heat and let it come to a boil.
4. Once at a full boil, cover with the lid remove from the stovetop and place in a 325 degree oven for 2 - 2.5 hours.

The vegetables will get soft and almost dissolve into the sauce. The pork will be fork tender. Serve with a side of greens such as broccoli rabe, or broccolini. Perfect starch would be a wide noodle pasta such as pappardelle or mashed potatoes. Both would be ideal to soak up the rich sauce.