

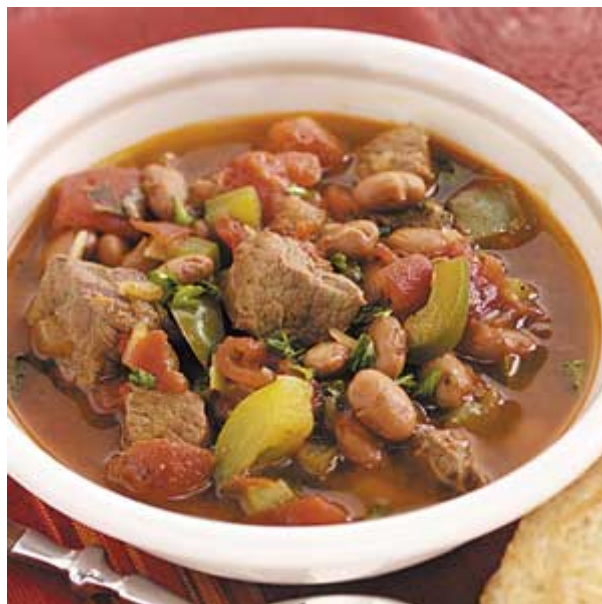
Spezzatino di Maiale

Italian Pork Stew



Ingredients:

3	T	Olive Oil, plus extra for browning the meat
1	lg	Onion, diced
4	clv	Garlic, sliced
¼	ts	Black Pepper
1	c	White or Red Wine
2½	c	Chicken Broth
360	ml	<i>Nana</i> Pasta Sauce (<i>Traditional</i>)
1	kg	Stewing Pork, cut into large cubes
1½	c	Cannellini Beans, or Kidney Beans
2	ribs	Celery, sliced
½	ts	Sage, dried
2		Bay Leaves
100	gm	Spinach leaves, shredded
		Salt to taste
1	T	Parsley, freshly chopped



Preparation:

Heat a heavy stewpot or Dutch oven with the olive oil and onions. Cook over a medium heat for about 3-minutes, stirring frequently until the onions are soft and translucent. Add the garlic and cook for a further 2-minutes. Add the black pepper, wine, broth, and *Nana* Pasta Sauce (*Traditional*); stir well and reduce to a low simmer while you brown the meat.

Heat a frying pan on high and add just enough olive oil to cover the base. Brown the pork in batches, and then add to the simmering sauce. Add to the stewpot the beans, celery, sage, and bay leaves; stir well. There should be enough liquid to cover the ingredients, you may need to add some more water or broth. Cover with a lid and allow to simmer on low heat for about 1-hour or more, stirring occasionally and adding a little water (not too much) if it gets too dry. Taste, and then season with salt to your liking. When finished, the meat should be very tender, with plenty of not-too-thick gravy.

Sprinkle with chopped parsley and serve with crusty bread, soft polenta, risotto, or potatoes (baked, boiled or mashed). Leftovers are easily reheated in the microwave for a quick meal.

Serves 6-8.

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For best results always use *Nana* Pasta Sauce.