

# Thai Peanut Pork Stew



## Ingredients

1 pork shoulder blade roast, boneless, about 2 lb / 1 kg  
½ red bell pepper, cut into strips  
¼ cup / 50 mL teriyaki sauce  
2 Tbsp / 30 mL white wine vinegar  
½ - 1 tsp / 2-5 mL cayenne pepper  
2 cloves garlic, minced  
¼ cup / 50 mL natural peanut butter  
1 cup / 250 mL frozen green beans, thawed  
Hot cooked rice or rice noodles for serving  
2 Tbsp / 30 mL chopped unsalted peanuts for garnish

## Directions

1. In slow cooker, place pork, pepper strips, teriyaki sauce, vinegar, cayenne pepper and garlic. Stir to combine.
2. Cover and cook on LOW for 7 ½ hours.
3. Add peanut butter; stir until well-blended.
4. Add green beans. Stir gently to combine. Turn slow cooker to HIGH; cover and cook for an additional 30 minutes.
5. Serve stew over hot cooked rice or rice noodles.
6. Garnish with chopped peanuts.

## Additional Info

- **Cut:** Roasts
- **Prep Time (Minutes):** 15
- **Cook Time (Minutes):** 4.5 hrs
- **Number of Servings:** 6