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