

Pork Stew

Ingredients

2 chopped onions, sautéed or chopped
Half of a carton beef broth (375 ml or 12 ounces)
1 can of Moosehead lager
5 large carrots chopped into 1 inch / 2cm pieces
3 chopped Idaho russet potatoes
2 pounds (1kg) for pork shoulder cubed into 1inch / 2cm cubes

Instructions For Slow Cooker

Season pork with pepper and salt
Brown the pork in a pan
Don't crowd the pan, use chicken stock to deglaze the pan between batches
Place pork in the Slowcooker for 4 hours
Carrots and potatoes should be added 2 hours before the end
Ensure there is enough liquid to just cover meat and vegetables

Instapot Instructions

Hit the button on the Instapot for pressure cooking for 35 minutes
Once the time has elapsed grind some rosemary and add it to the pot

Optional:

Include rosemary and thyme (adjust to taste)
1 can of tomato paste
4 garlic gloves
Thyme springs
1 cinnamon stick
Replace beef with chicken stock
Salt and pepper to taste

Keep refrigerated and Enjoy

