

HAVANA STIR

Time: 45 minutes

Serves: 4

Ingredients:

- 1 tablespoon virgin coconut oil
- 1 pound pork tenderloin – cubed to ½ to 1”
- 1 tablespoon ground cumin
- 1 teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper
- 2 cloves garlic – minced or crushed
- 1 sweet potato (yam) – cubed to ½” or less
- 4 stalks celery – chopped
- 14 ounce can black beans – rinsed and drained
- ¼ cup orange juice
- ¼ cup fresh lime juice
- ½ cup chicken stock
- ¼ teaspoon ground cayenne pepper
- 1 bunch fresh cilantro – chopped

Preparation:

Preheat a heavy wok on high heat and add the coconut oil.

Sprinkle the pork with the cumin, salt and pepper then mix to evenly coat.

Put the pork into the wok, stirring often for three minutes then remove before fully cooked.

Put the garlic in the wok and stir constantly for thirty seconds before adding the sweet potato. Cook the sweet potato for five minutes, stirring often.

Add the celery and beans to the wok and cook for five minutes, stirring often.

Add the orange juice, lime juice, chicken stock and cayenne to the wok, stir and let boil for three minutes.

Return the pork to the wok, stir and continue cooking for two minutes. Remove from heat.

Stir in the cilantro and serve.

Nutritional Information Per Serving:

Calories: 396

Fat: 8g

Carbs: 49g

Fibre: 13g

Protein: 33g