

LEMONY TOMATO THYME PORK

W/ BRUSSELS SPROUTS

4 LARGE RIPE TOMATOES (OR 1~15OZ CAN DICED TOMATOES W/ JUICE)
1 SMALL BELL PEPPER CUT INTO 1 INCH CHUNKS
1/2 SMALL ONION CUT INTO 1 INCH CHUNKS
1Tbsp APPLE CIDER VINEGAR
2C CHICKEN BROTH
JUICE OF 1/2 OF ONE LEMON
1/4 TSP ROASTED MINCED GARLIC
1/4 TSP DRIED THYME
1/2 TSP PARSLEY
RED CHILE PEPPER FLAKES, SALT, AND PEPPER TO TASTE
4 GRILLED PORK CHOPS (OR CHICKEN/TURKEY BREAST)
3C PRECOOKED RICE (OR QUINOA)
20 BRUSSELS SPROUTS 1/4 TSP OIL

IF USING FRESH TOMATOES: CUT INTO QUARTERS AND PLACE ON A FOIL LINED BAKING SHEET. PLACE CHUNKED ONION AND BELL PEPPER ON THE SAME BAKING SHEET. ROAST UNDER THE BROILER IN THE OVEN UNTIL THEY ARE BLACKENED JUST A BIT.

PLACE ALL INGREDIENTS EXCEPT THE BRUSSELS SPROUTS, MEAT, AND RICE INTO A SLOW COOKER AND COOK ON LOW FOR 3 HOURS. ADD THE PRECOOKED MEAT AND COOK FOR AN ADDITIONAL 90 MINUTES OR UNTIL THE MEAT IS FORK TENDER.

TRIM STEMS AND CUT THE BRUSSELS SPROUTS IN HALF. SAUTEE IN THE OIL UNTIL CRISP TENDER.

DIVIDE THE PRECOOKED RICE AMONG 4 SERVING DISHES. PLACE ONE PIECE OF PRECOOKED MEAT ON TOP OF THE RICE. LADLE THE SAUCE OVER THE MEAT IN EACH DISH. DIVIDE THE BRUSSELS SPROUTS ON TO EACH OF THE PLATES.

SERVES 4