
Sweet and Sour Pork III

Home Cookin - Junior League of Wichita Falls, TX - 1976

Servings: 8

2 pounds lean pork shoulder, cut in strips
2 tablespoons soy sauce
2 tablespoons sherry
3/4 cup chicken broth
2 tablespoons oil
1/2 cup brown sugar
1 tablespoon cornstarch
1/4 cup pineapple juice
1/3 cup vinegar
2 tablespoons soy sauce
1 green pepper, cut in strips
2 onions, cut in quarters
1 large tomato, cut in wedges
1 can (16 ounce) pineapple chunks
cooked rice

In a bowl, combine two tablespoons of soy sauce and the sherry. Place the pork in a Ziploc bag. Add the marinade. Seal and marinate the pork.

Remove the pork from the marinade. Reserve the marinade and combine it with the chicken broth.

In a skillet, brown the pork in oil. Add the marinade and cook for 30 minutes.

In a saucepan, blend the brown sugar, cornstarch, pineapple juice, vinegar and soy sauce. Cook until thick and clear. Add to the pork mixture.

Add the green pepper and onions. Cook for 15 minutes more.

Add the tomato and cook for 5 minutes longer.

Serve over rice.

Pork

Per Serving (excluding unknown items): 194 Calories; 8g Fat (35.7% calories from fat); 14g Protein; 17g Carbohydrate; 1g Dietary Fiber; 41mg Cholesterol; 645mg Sodium. Exchanges: 0 Grain(Starch); 2 Lean Meat; 1 Vegetable; 0 Fruit; 1/2 Fat; 1/2 Other Carbohydrates.