

## **Pork Stir Fry - Sweet and Sour**

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### **Ingredients:**

- 1 tsp. olive oil
- 1 ¼ lbs. (570 g) pork tenderloin, cut into strips
- 2 tsp. grated gingerroot
- 1 tsp. minced garlic
- 1 ½ cups each chopped green pepper and sliced carrots
- 1 cup chopped onions
- 1 can (14-oz/398 ml) pineapple chunks (not tidbits), undrained
- ¼ cup each ketchup and white vinegar
- 3 Tbsp. brown sugar
- 1 Tbsp. cornstarch
- ½ tsp. chili powder
- Hot cooked brown rice (optional)

### **Instructions:**

- Heat olive oil in a non-stick wok or skillet over medium-high heat. Add pork, gingerroot and garlic. Cook and stir for 6 to 7 minutes, until pork is cooked through and begins to brown
- Remove pork from wok and keep warm
- Add green pepper, carrots and onions to wok. Cook and stir for about 5 minutes, or until vegetables are tender
- Meanwhile, prepare sauce. Drain pineapple, reserving ½ cup juice
- In a small bowl, whisk together reserved pineapple juice, ketchup, vinegar, brown sugar, soy sauce, cornstarch and chili powder
- Add sauce to vegetables in wok, along with cooked pork and pineapple chunks. Cook until sauce is bubbly and has thickened, and pork and pineapple are heated through
- Serve over hot, cooked rice, if desired