



Niagara County Office for the Aging  
111 Main Street, Suite 101  
Lockport, NY 14094  
*Eat Well...Stay Well Dining Program*  
439-4030

*Recipe provided by Niagara County Office for the Aging,  
Eat Well...Stay Well Dining Program*

### **Moroccan Pork**

1.5 pounds boneless pork loin roast, cut into 1 inch slices  
2 16-19 ounce cans of garbanzo beans, drained  
1 16 ounce can tomatoes, cut into 1 inch cubes, undrained  
1 large yellow bell pepper, seeded and cut into 1 inch pieces  
½ cup chopped red onion  
½ cup golden raisins  
2 T. tomato paste  
2 T. water  
3 cloves garlic, minced  
2 teaspoons instant chicken bouillon  
1.5 teaspoon ground cumin  
2 Tablespoons Peanut Butter  
Hot cooked couscous

Place garbanzo beans, tomatoes, bell pepper, onion, raisins, tomato paste, water, garlic, chicken bouillon and cumin in a 5-quart slow cooker. Mix until well-combined. Place pork slices on top of bean mixture. Cover. Cook on low heat setting for 6 hours or until pork is tender. Stir in peanut butter. Serve over couscous or rice.

Serves: 6

#### Nutrition Facts:

Calories 404 Protein 35 gm Fat 10 g  
Sodium 507 mg Cholesterol 57 mg Saturated Fat 1 g  
Carbohydrates 49 g Fiber 11 g