

Greens and Beans in a Traditional Stew

Makes 8 to 10 servings
2 pounds pork shoulder
1 leeks (white part only, sliced thin)
1 fennel bulb (finely chopped)
4 carrots (sliced into thin rounds)
1 teaspoon sea salt
1 teaspoon freshly cracked black pepper
1/2 teaspoon red pepper flakes
3 sprigs thyme
parmesan cheese (rind)
1/2 lemon, juice and zest
14 ounces diced tomatoes (with basil, and oregano)
2 quarts chicken stock
1/2 cup farro, cooked
14 ounces canned navy beans, drained
2 cups kale (chopped)



Cut pork into large pieces and brown in oil on all sides, then add leeks, fennel and carrots. Over medium low heat brown meat and vegetables on all sides.

Transfer to the slow cooker set on HIGH and season with salt pepper, thyme, 1 cup parmesan rind , lemon, tomatoes and stock.

Cook until tender, about 6-8 hours. Add cooked farro, navy beans and kale and cook about 30 minutes longer.

Serve hot with corn bread.