

Spicy Pork Stew with Peppers and Squash

- 2 pounds pork tenderloin, trimmed of any sinew and then cut into 1 inch cubes.
- Salt and pepper to season the pork
- 3 to 4 tablespoons olive oil
- 2 medium onions cut into a large dice
- 1 pound sweet bell peppers, cut into 1 inch pieces.
- 4 large garlic cloves, chopped
- 1 tablespoon ancho chili pepper
- 1 tablespoon ground cumin
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1/2 teaspoon cayenne pepper
- 1/2 cup dry white wine
- One 15 ounce can of Italian plum tomatoes, crushed
- 12 ounces tomato or vegetable juice
- 1 cup chicken broth
- 2 medium yellow squash or zucchini cut into 1 inch cubes

Season the pork cubes with salt and pepper. Heat 3 tablespoons of the oil in a Dutch oven or stew pot. Brown the pork in batches and remove to a plate or bowl.

Add the 4th tablespoon of oil to the pot if needed and then add the onions and peppers. Sauté until they soften and then add the garlic, chili powder, cumin, salt, black pepper and cayenne and continue to sauté for another minute.

Add the wine, and with a wooden spoon, stir and scrape up any brown bits on the bottom of the pot. Let the mixture simmer for a minute and then add the crushed tomatoes, tomato juice and chicken broth.

Add the pork cubes along with any accumulated juices. Bring the pot up to a simmer and then simmer with the pot partially covered for about one hour, checking and stirring every so often.

After the hour, stir in the squash cubes and continue to simmer for another 10 to 15 minutes. Serve up nice and hot in bowls.