

## **SIMMERED STEAKS AND SWEET POTATOES**

|   |     |   |     |    |
|---|-----|---|-----|----|
| 4 |     | PORK SHOULDER BLADE STEAKS,<br>well trimmed, about ½"/1.25 cm thick | 4,  |    |
| 1 | tsp | canola oil  | 5   | mL |
|   |     | Salt and pepper   |     |    |
| 2 |     | small sweet potatoes, peeled and sliced                             | 2   |    |
| 1 |     | medium onion, sliced  |     |    |
| ¾ | cup | unsweetened pineapple juice   | 175 | mL |
| 1 |     | small green pepper, cut into rings                                  |     |    |
| 2 | tsp | cornstarch  | 10  | mL |
| ¼ | tsp | cinnamon  | 1   | mL |

With a pastry brush, spread canola oil over the bottom of a nonstick frypan. Over medium-high heat, brown pork steaks lightly, about 3 minutes per side. Drain off any excess fat. Season pork with salt and pepper. Add sweet potatoes, onion and ¼ cup pineapple juice. Cover; cook over medium heat for 10 minutes. Top with green pepper rings. Cook 10 minutes more or until tender. Remove pork steaks and vegetables; keep warm. Combine cornstarch and cinnamon with remaining pineapple juice. Add to skillet along with any meat juices; cook and stir 2-3 minutes or until thickened. Spoon over pork and vegetables to serve.

YIELD: 4 servings



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