

Delicaé Gourmet Product Information

Tarpon Springs, Florida 34688

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48261 Country French Pork & White Bean

Delicious tender pork melts into a vegetable and bean medley creating an unforgettable dinner.

Just add pork and tomatoes.

Ingredients: Great Northern Beans, Dehydrated Vegetables (Carrots, Corn, Sweet Potatoes, Onions, Celery, Peas), Minced Garlic, Thyme, Rosemary, Parsley and Black Pepper.

Ingredients needed

- 1 14 1/2 oz can of petite diced tomatoes
- 1 8 oz can of tomato sauce
- 1 3-4 lb. lean boneless pork roast
- 4 cups of water or low sodium chicken broth
- 1 cup of white wine (optional) **Do not use cooking wine.**

Cooking Instructions

1. Remove any netting or temperature probe and place pork roast in the bottom of slow cooker with the fat side up.
2. Rinse and sort beans and layer around roast.
3. Layer contents of vegetable and spice packets over beans.
4. Top evenly with diced tomatoes and sauce.
5. Slowly pour water or chicken broth and wine over ingredients. **Do not stir.**
6. Cover and cook on high for 5 to 6 hours or low for 9 to 10 hours. **Do not lift lid while cooking.**
7. Salt to taste.

Serving Suggestions

- Top with finely chopped bacon.
- Serve with crusty Italian bread and a green salad.
- Top with fresh grated parmesan or Romano cheese.

Stove Top Cooking Instructions: (For those without a slow cooker.)

1. Place contents of bean packet in a bowl of water to soak for no less than 6 hours.
2. Once the beans have soaked, drain and place in a large baking dish with lid.
3. Layer contents of vegetable and spice packets over beans.
4. Cover with diced tomatoes and sauce.
5. Place pork in dish and add the chicken broth.
6. Cover and place in a 350° oven for 2 1/2 to 3 hours.
7. Check pork to determine if done. It should read 165° on a meat thermometer and the beans should be tender.

Nutrition Facts

Serving Size As Packaged 1.2 oz. (33g)

As Prepared 12 oz (340g)

Servings Per Container 8

Amount Per Serving	As Packaged	As Prepared	
Calories	110	390	
Calories from Fat	5	150	
% Daily Value**			
Total Fat 0g*	0%	26%	
Saturated Fat 0g	0%	30%	
Trans Fat 0g			
Cholesterol 0mg	0%	33%	
Sodium 25mg	1%	15%	
Total Carbohydrate 22g	7%	8%	
Dietary Fiber 6g	24%	28%	
Sugars 2g			
Protein 6g			
Vitamin A	40%	45%	
Vitamin C	4%	20%	
Calcium	6%	15%	
Iron	10%	20%	
<small>* Amount in Mix. As prepared, one serving provides 17g total fat (6 saturated fat), 100mg cholesterol, 350mg sodium, 25g carbohydrate (7g fiber, 4g sugar) and 36g protein.</small>			
<small>**Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
<small>Calories per gram:</small>			
Fat	9	* Carbohydrate	4 * Protein 4