

Pork Masala

This can be made with left-over pork loin roast or fresh pork shoulder.

2 lbs pork. (1 inch cubes if fresh, 3/4 in cubes if cooked)

2 Tablespoons butter

2 large or 3 medium onions

2 bell peppers, 1 green, 1 red or 10 of those little sweet red/orange/yellow peppers, cut in large chunks.

1 28 oz can diced tomatoes

1 can coconut milk. Open the can up; get all the goodness.

1 15 oz can garbanzo beans if using cooked pork or 1/2 cup dried garbanzo beans or 1/2 cup yellow split peas or 1/2 cup yellow lentils if using fresh pork. Does not matter which, but if it is not yellow it will not taste right!

2 Tablespoons [garam masala](#) powder

1 teaspoon salt

1 teaspoon [PRP](#) or 3/4 teaspoon cayenne or a couple chopped jalapenos.

5 or 6 cloves of chopped garlic

If using fresh pork: The night before, cut up the pork and mix with garam powder/salt/PRP/cayenne and refrigerate overnight.

Melt the butter in a large pot or dutch oven. Add the thinly sliced onions and cook until very tender, about 10-15 minutes. Add 1/2 cup water, everything else and bring to a strong simmer. If you are using dried bean/peas/lentils you will need to add an additional 1 1/2 cups of water.

Cover and cook on low or put in 300 degree oven.

If using cooked pork and canned beans you should be done in about 1/2 hour. If using fresh pork and dried beans it will take 1 to 1 1/2 hours. Cook until meat is tender.