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Zuppa Calda Meat Stew

INGREDIENTS

- ### DIRECTIONS
- Place olive oil into a stew pot.
 - Place over medium low heat.
 - Add diced onion and garlic. Stir.
 - Sauté until wilted.
 - Add meat and continue to stir until meat is golden.
 - Add wine and cover.
 - Allow wine to infuse meat and tenderize it.
 - When wine has evaporated, add remaining ingredients and a cup of water.

- 1 lb lean pork chunks
- 10 Oz package baby Bella mushrooms, cleaned and cut
- 12 Oz package frozen peas
- 2 medium carrots, cut into bite size pieces
- 2 large potatoes, peeled and cut into chunks
- 1 small onion, diced
- 2 cloves garlic, diced
- 3 TBSPs olive oil
- 4 Oz dry white wine
- Salt and pepper to taste



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DIRECTIONS (CONT.)

- Stir and season to taste.
- Cover, reduce heat to low and simmer for about 45 minutes to an hour (stirring often), until potatoes and meat are fork tender.
- If stew gets too dry, add a bit more water.
- Serve hot.

Meat Stew continued...

NONNA'S TIPS

- This stew is very versatile...you can substitute the type of meat to the one you prefer or make it vegetarian by omitting meat and adding beans or tofu for protein.
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- If you like a deeper color for your stew, add a tablespoon of tomato paste to the water required in the recipe. Also, feel free to add fresh herbs as in parsley, basil or oregano to taste.
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- Serve stew with fresh, crusty bread toasted and drizzled with olive oil.
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