



## 30-Minute Pork Vindaloo

SERVES 4

*Serve this highly spiced stew over rice.*

- 2 cups low-sodium chicken broth
- 1 (14.5-ounce) can diced tomatoes
- 2 teaspoons mustard seeds
- Salt and ground black pepper
- 1½ pounds pork tenderloin, cut into ½-inch cubes
- 2 tablespoons vegetable oil
- 1 onion, minced
- 1½ teaspoons garam masala
- 1 teaspoon hot paprika
- 4 garlic cloves, minced
- 1 tablespoon unbleached all-purpose flour
- 1 tablespoon red wine vinegar
- 2 tablespoons chopped fresh cilantro

### MAKING THE MINUTES COUNT:

Mince the onion and garlic while the pork browns.

**1. HEAT BROTH:** Bring broth, tomatoes, mustard seeds, and ¼ teaspoon salt to boil, covered, in large saucepan and set aside.

**2. BROWN PORK:** Meanwhile, pat pork dry with paper towels and season with salt and pepper. Heat 1 tablespoon of oil in large Dutch oven over medium-high heat until just smoking. Brown pork lightly, about 6 minutes. Transfer pork to clean bowl and set aside.

**3. SAUTÉ AROMATICS:** Add remaining tablespoon oil to Dutch oven and return to medium-high heat until shimmering. Add onion, garam masala, paprika, and ½ teaspoon salt and cook until softened, 5 minutes. Stir in garlic and cook until fragrant, about 30 seconds.

**4. ADD BROTH AND SIMMER:** Stir in flour and cook until lightly browned, about 1 minute. Slowly stir in broth and tomato mixture, scraping up any browned bits. Bring to simmer and cook until flavors have melded, about 10 minutes.

**5. ADD PORK AND FINISH STEW:** Stir in pork with any accumulated juices and return to brief simmer. Off heat, stir in vinegar and cilantro and season with salt and pepper to taste. Serve.