

Pork & Pineapple Stir Fry

2 lbs Boneless Pork cubed
1 Can (20 oz) pineapple chunks
1/4 cup Soy Sauce
1/2 teaspoon dried minced garlic
1/2 t ground ginger
1/4 teaspoon black pepper
1 large Green or red pepper diced
4 teaspoons cornstarch
1 1/2 cups rice
3 cups of water



Bring water to a boil, stir in rice cover and reduce heat to low cook for 20 to 25 min until done
Brown pork in a little oil about 10 minutes. Drain pineapple reserving juice. Stir together pineapple juice, soy sauce and spices. Add juice mixture to pork simmer for 10 minutes. Stir in pineapple and pepper for 5 minutes. Remove meat, pineapple and pepper to a bowl. Mix cornstarch with a little water to make a thin paste. Stir in to juice bring to a boil and stir until thick. Pour over meat mix well

<http://www.lincolntent.com/GlutenFreeCaseinFree-PorkRecipes.html>