

Delicaé Gourmet Product Information

Tarpon Springs, Florida 34688

800-942-2502 - Fax 727-942-1837

48261 **Country French Pork & White Bean** Net Wt. 9.4 oz. (266g)

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

Delicious tender pork melts into a vegetable and bean medley creating an unforgettable dinner that your family will love.

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)

Cooking Instructions

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

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%

* Amount in Mix. As prepared, one serving provides 17g total fat (6 saturated fat), 100mg cholesterol, 350mg sodium, 25g carbs (7g fiber, 4g sugar) and 36g protein.
**Percent Daily Values (DV) are based on a 2,000 calorie diet.