

## **RECIPE: MOROCCAN PORK STEW**

### **CANNED FOOD**

**Artichoke hearts frozen (9 oz.), 1 package**

### **CONDIMENTS & OIL**

**Olive oil, 0.17 fl oz.**

### **MEAT**

**Pork tenderloin, 16 oz.**

### **NUTS, SEEDS & DRIED FRUITS**

**Dried prunes, 6.07 oz.**

### **SPICES & SEASONINGS**

**Salt, 0.11 oz.**

**Cinnamon, 0.06 oz.**

**Ginger, 0.1 oz.**

**Saffron, 0.03 oz.**

### **VEGETABLES**

**Vegetable broth, 3 cups**

**Carrot, 1**

**Celery, 1.07 oz.**

**Onion, 1**

**Fresh cilantro, 0.14 oz.**