Pork Loin with Harvest Beans and Lentils

**INGREDIENTS:**

**Vegetable Mixture:**
- 1 gal Water
- 1 lb. Pork Neck Bones
- 4 Tbsp + 1 tsp Salt
- 20 oz. Dry Beans & Lentils of your choice. May include -
  - 2 oz. Garbanzo Beans
  - 3 oz. Navy Beans
  - 3 oz. Butter Beans
  - 4 oz. Lentils
  - 3 oz. Red Beans
  - 2 oz. Lima Beans
- 8 oz. Carrots, Finely chopped
- 8 oz. Onions, Finely diced
- 4 oz. Celery, Finely chopped
- 1 tsp Thyme
- 1 tsp Garlic, Minced
- ½ tsp Basil
- ½ tsp Bay Leaf
- Dash Cayenne Pepper

**Pork Loins:**
- 2 lb. 4 oz. Boneless Pork Loin
- 1 tsp Salt
- 1 Tbsp Oregano
- 1 tsp Black Pepper
- 1 tsp Fresh Parsley, Chopped

**METHOD OF PREPARATION:**

**Vegetable Mixture:**
1. Soak beans and lentils overnight.
2. Roast pork neck bones at 350°F for 15 minutes.
3. Place one gallon of cold water in pot with roasted pork neck bones.
4. Simmer for 1 hour. Do not boil.
5. Skim the surface of pot and remove bones.
6. Add the rest of ingredients.
7. Let simmer on low heat for 1 hour.
8. Remove from heat.

**Pork Loins:**
1. Trim fat off pork loin.
2. Coat with 1 tsp salt, oregano, and ½ tsp black pepper.
3. Sear all sides of pork loin on grill or sauté pan until browned.
4. Cook in oven at 350°F for 15 minutes until pork reaches internal temperature of 165°F.
5. Pull out and let rest for 15 minutes.

**Just Before Serving:**
1. Slice roasted pork loin into ½ inch slices.
2. Place vegetable mixture in on a platter.
3. Arrange sliced pork loin on top of beans and vegetable mixture.
4. Garnish with chopped parsley and cherry chutney.

NOTE: May use ham hocks in place of pork neck bones.

**SERVES:** 6

**NUTRITION:** 530 Calories, 13 g Fat, 5 g Saturated Fat, 0 g Trans Fat, 70 mg Cholesterol, 900 mg Sodium, 60 g Carbohydrate, 18 g Dietary Fiber, 43 g Protein

**ALLERGENS:** None.