

## Provençal Pork Stew with Olives and Fennel

Niçoise olives hail from Provence and add a mellow nuttiness to this French stew; be sure to warn diners, though, that these olives are unpitted. You can substitute pitted kalamata olives, if desired--they'll add a sharper flavor.

This recipe was featured in *Cooking Light* JANUARY 2006 and can be found online at [myrecipes.com](http://myrecipes.com)

Yield: 8 servings (serving size: 1 1/2 cups)

### Ingredients

1 tablespoon olive oil, divided  
4 cups sliced fennel bulb (about 2 bulbs)  
3 1/2 cups thinly sliced onion (about 2 large)  
8 garlic cloves, minced  
1/3 cup all-purpose flour (about 1 1/2 ounces)  
2 pounds pork tenderloin, trimmed and cut into bite-sized pieces  
1/2 teaspoon salt, divided  
1/2 teaspoon freshly ground black pepper, divided  
1 cup dry white wine  
1 cup fat-free, less-sodium chicken broth  
1 tablespoon herbes de Provence  
3 (14.5-ounce) cans diced tomatoes, undrained  
1/2 cup niçoise olives  
Chopped fresh parsley (optional)

### Preparation

Heat 1 teaspoon oil in a large Dutch oven over medium-high heat. Add fennel and onion; sauté 8 minutes or until tender. Add garlic; sauté 2 minutes. Spoon fennel mixture into a large bowl.

Place flour in a shallow bowl or pie plate. Dredge pork in flour, shaking off excess. Heat remaining 2 teaspoons oil in pan over medium-high heat. Add half of pork mixture; sprinkle with 1/8 teaspoon salt and 1/8 teaspoon pepper. Cook 6 minutes, browning on all sides. Add browned pork to fennel mixture. Repeat procedure with remaining pork mixture, 1/8 teaspoon salt, and 1/8 teaspoon pepper.

Add wine to pan, scraping pan to loosen browned bits. Stir in pork mixture, broth, herbes de Provence, and tomatoes; bring to a boil. Cover, reduce heat, and simmer 45 minutes or until pork is just tender.

Stir in remaining 1/4 teaspoon salt, remaining 1/4 teaspoon pepper, and olives. Simmer 10 minutes or until pork is tender and sauce is thick. Sprinkle with parsley, if desired.