



# Sweet & Sour Boneless Pork Casserole

## Ingredients

### Meat:

1 kg. 2.2 lbs. boneless pork, 1/2" cubed

### Sauce:

398 mL 1 can pineapple tidbits, drained  
(retain juice)

63 mL 1/4 cup pineapple juice  
(from drained can)

125 mL 1/2 cup white sugar

125 mL 1/2 cup vinegar

30 mL 2 Tbsp. soya sauce

15 mL 1 Tbsp. seafood sauce

45 mL 3 Tbsp. cornstarch

### Vegetables:

284 mL 1 can button mushrooms,  
drained and halved

218 mL 1 can sliced water chestnuts,  
drained

218 mL 1 can sliced bamboo shoots,  
drained

125 mL 1/2 cup onion, diced

125 mL 1/2 cup red pepper, 1/2" diced

125 mL 1/2 cup green pepper, 1/2" diced

5 mL 1 tsp. fresh ginger (optional)

2 garlic cloves (optional)

## Directions

- 1) Preheat oven to 350° F.
- 2) Spray oven-proof 3L casserole dish with cooking spray. Cook pork, covered for 40 minutes, stirring after 20 minutes. Cook until pink is just gone. DO NOT OVERCOOK.
- 3) Remove pork from oven and drain.
- 4) In a saucepan, combine pineapple juice, sugar, vinegar, soya sauce and seafood sauce. Whisk in cornstarch. Blend until smooth.
- 5) On medium heat, stir constantly until sauce thickens. Remove from heat.
- 6) Add drained pineapple tidbits and stir. Set aside.
- 7) Add drained vegetables to pre-cooked pork. Stir.
- 8) Pour sweet & sour sauce over pork mixture. Stir to combine.
- 9) Cover and refrigerate OR Return to 325° oven for 45 minutes. Stir occasionally.
- 10) Serve with your favourite rice dish.