

Ham Stew Recipe (edited 7-19-20; [www.intranuclear.com](http://www.intranuclear.com))

For 1.5 Quart Crock Pot

1 can (14 ounces) water-packed artichoke hearts, rinsed, drained.  
The quartered ones work fine...but if you like to use whole ones,  
I just cut the gray stem end off, cut them in half the long way,  
and then dump them in... because they break up when you stir  
them anyway.

1 white onion chopped up and sauteed.

1 tablespoon (or more to taste) of capers, drained.  
(capers are pickled flower buds don't ya know.)

2 tablespoon Dijon mustard like Grey Poupon smooth and creamy.  
...plus a squirt of French's yellow for coloring.

1 32oz (or smaller) box of chicken stock (or broth).

1 lbs. of pork loin cut into 1/2" cubes  
or 1/2" (thin) smoked/cured ham squares (less work... ready to add)

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If using pork loin cubes, place 4 Tbsp. of flour, plus salt, pepper, and  
Louisiana Cajun seasoning in a 1 gallon Ziploc bag.  
(... usually lots of seasoning... but to taste)

Add 1/2" cubed meat pieces and shake to coat.

Heat a 12" fry pan and add 2 Tbsp of cooking oil. When hot,  
thoroughly brown pork meat, turning with tongs, and transfer to crock-pot.  
(...the flour will caramelize and keep the pork from burning.)

Continue filling the crock pot with ingredients... and top off with chicken stock.  
(...if you have some stock left... refrigerate and add later as stew gets consumed.)

Stir to break up the artichokes and the onions.

Cook on low heat. High heat doesn't agree with this recipe.  
However, it will cook well forever on low heat.

A good time to make this recipe is in the evening so it can slow cook  
over night and be ready for lunch the next day. Low Carb