

Pochero (Pork/Beef Stew with Saba/Burro Bananas)

Yield: 4 min
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/norwegian-saba-fish-recipe>

Ingredients:

- 3 tablespoons cooking oil
- 2 plum tomatoes medium, diced
- 1 medium onion diced
- 4 garlic cloves minced
- 2 1/4 pounds ribs or 1 kilo Country-style Boneless, or pork belly,* cut into 1-1/2 cubes
- 2 tablespoons patis Fish Sauce – may add another tablespoon if using water instead of Broth
- freshly ground black pepper to taste
- 1 can beef broth or water
- 2 red potatoes Medium, quartered and then halved
- 1 large carrot chopped, similar size to potatoes*
- 3/4 cup Del Monte Ketchup or regular Ketchup or 1 small can Tomato sauce
- 4 saba Ripe, or Burro Bananas, sliced
- 1 bunch bok choy Baby or regular
- salt to taste
- brown sugar to taste