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## SWEET SOUR PORK

- 2 Pounds Pork Shoulder, Cut Into 2 Inch Strips
- 1/4 Cup Flour
- 1/2 Teaspoon Salt
- 1/4 Teaspoon Pepper
- 2 Tablespoons Drippings
- 1/2 Cup Water
- 2 Tablespoons Cornstarch
- 1/4 Cup Brown Sugar
- 1/4 Cup Vinegar
- 1 Tablespoon Soy Sauce
- 1 Can Pineapple Chunks
- 1 Green Pepper Julienned
- 1 Onion, Sliced Thin

## DIRECTIONS

1. Dredge meat in seasoned flour and brown well in drippings.
2. Add water, cover pan, and simmer for 1 hour.
3. Combine cornstarch and sugar.
4. Add vinegar, soy sauce, and juice drained from pineapple.
5. Cook on low heat, stirring constantly until mixture is thick and clear.
6. Pour sauce over meat.
7. Add pineapple, green pepper, and onion.
8. Heat through.
9. Serve over rice or noodles.