

# Vegetable Pork Skillet Dinner

## Ingredients:

- 2 slices of bacon, or 2 tablespoons of fat/oil of choice (avocado oil, coconut oil, etc).
- 1 large onion, peeled, cut in half, and thinly sliced
- 1/2 to 1 pound of mushroom, ends trimmed and thinly sliced
- 1 pound of pork
- 2-3 garlic cloves, peeled and put through a garlic press
- A generous pinch of dried oregano and dried thyme
- Unrefined Salt
- Freshly Ground Pepper.

## Instructions:

1. In a large saucepan or cast iron over medium heat cook the bacon, if using, until crisp and done. Flip to cook evenly. Remove from pan and set aside. There should be about 2 tablespoons of fat in the pan. If you had leaner bacon, you can add fat of choice to the pan to make up two tablespoons.
2. Add the onion and mushrooms to the pan and cook over medium heat if using cast iron, or medium-high, if using stainless steel. Sprinkle with salt and pepper, and stir as needed to cook evenly and prevent sticking. After five to seven minutes, when the vegetables are soft, add the pork, garlic, and oregano and thyme. Sprinkle with more salt and pepper, and cook, stirring, until the pork is thoroughly cooked through and the vegetables soft.
3. Crumble the bacon on top, season to taste, and serve as desired.