

Pressure-Cooker Sweet 'n' Sour Pork



Ingredients

- 2 tablespoons plus 1-1/2 teaspoons paprika
- 1-1/2 pounds boneless pork loin roast, cut into 1-inch strips
- 1 tablespoon canola oil
- 1 can (20 ounces) unsweetened pineapple chunks
- 1 medium onion, chopped
- 1 medium green pepper, chopped
- 1/4 cup cider vinegar
- 3 tablespoons packed brown sugar
- 3 tablespoons reduced-sodium soy sauce
- 1 tablespoon Worcestershire sauce
- 1/2 teaspoon salt
- 2 tablespoons cornstarch
- 1/4 cup cold water
- Thinly sliced / chopped green onions, optional
- Hot cooked rice, optional

Directions

1. Place paprika in a large shallow dish. Add pork, a few pieces at a time, and turn to coat. Select saute setting on a 6-qt. electric pressure cooker and adjust for medium heat; add oil. Brown pork in batches. Return all pork to pressure cooker.
2. Drain pineapple, reserving juice; refrigerate the pineapple. Add the pineapple juice, onion, green pepper, vinegar, brown sugar, soy sauce, Worcestershire sauce and salt to pressure cooker. Lock lid; close pressure-release valve. Adjust to pressure-cook on high for 10 minutes. Quick-release pressure.
3. Select saute setting and adjust for high heat; bring liquid to a boil. In a small bowl, mix cornstarch and water until smooth; gradually stir into pork mixture. Add pineapple. Cook and stir until sauce is thickened, 1-2 minutes. If desired, sprinkle with green onions and serve over rice.