

Slow Cooker Pork Chili

Serves 6



Ingredients:

- 2 pounds boneless pork butt, roast, or shoulder
- 1 cup bell pepper, diced (1 medium pepper)
- 1 cup onion, diced (1 medium onion)
- 1½ cups salsa
- 1 can (15 ounces) low sodium pinto beans
- 1 can (14.5 ounces) low sodium diced tomatoes

Directions:

- Trim visible fat from the pork. Cut into 2 inch chunks. Place in slow cooker.
- Add pepper, onion, and salsa.
- Cook on a low setting for 6 hours or a high setting for 3 hours.
- Pull the meat apart into shreds with a fork. (You should have about 4 cups.)
- Put half (2 cups) of the shredded pork in the refrigerator or freezer. (This could be used for the Shredded Pork Sandwich.) Freeze pork if it will not be used within 4 days.
- Return the rest of the pork to the slow cooker. Add pinto beans and diced tomatoes.
- Cook another 30 minutes until hot.

TIPS

- Pork chops, boneless pork rib, or pork loin can be used. They will be more expensive but have less fat.
- Trim fat from pork with a clean knife on a clean cutting board.
- This recipe freezes well.
- Other beans can be used.

Source: Spend Smart. Eat Smart., Iowa State University

Nutrition Facts

6 Servings Per Recipe
Serving Size: 1 1/4 cups

Amount Per Serving
Calories 250

% Daily Value*

Total Fat 8g 12%

Saturated Fat 3g 15%

Trans Fat 0g

Cholesterol 40mg 13%

Sodium 520mg 22%

Total Carbohydrates 21g 7%

Dietary Fiber 6g 24%

Total Sugars 6g

Added Sugars NA*

Protein 18g

Vitamin D 0.6 mcg 3%

Calcium 55 mg 4%

Iron 2 mg 11%

Potassium 454 mg 10%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

NA* - We are currently in the process of integrating the new FDA Nutrition Standards. Added Sugar information is not currently available for the recipe. We will be updating the information shortly.

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