



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

Clermont County Extension

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Recipe of the Month—January 2015

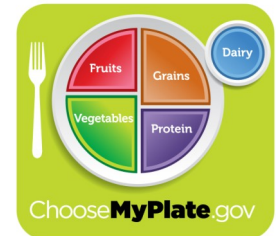
Slow Cooker Pork Chili

Serves 6

Serving Size: 1 1/4 cups

Ingredients

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



Make MyPlate Your Plate

Directions

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

NUTRITION FACTS PER SERVING: 240 calories, 7 g total fat (2 g sat. fat), 60 mg cholesterol, 590 mg sodium, 17 g carbohydrates, 6 g fiber, 4 g sugar, 23 g protein

*Recipe compliments of Iowa State University Extension:
Healthy & Homemade Meals 2014 Nutrition & Fitness Calendar*