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

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