



Jerre's Black Bean and Pork Chile Crock-Pot

Recipe Source: www.thedailymeal.com

Serves: 8

Ingredients:

- 1 ½ pounds of pork tenderloin, cut into 2- inch strips
- 1 small onion, coarsely chopped
- 1 small red pepper, coarsely chopped
- 3 (15 ounce) cans of black beans
- 1 (16 ounce) jar salsa
- ½ cup chicken broth
- 1 teaspoon dried oregano
- 1 teaspoon ground cumin
- 2 teaspoons chili powder

Steps:

- Combine pork tenderloin, onion, red pepper, black beans, salsa, chicken broth, oregano, cumin and chili powder in slow cooker. Cook on low for 8-10 hours or on high for 4-5 hours.
- Break up pieces of cooked pork to thicken the chili before serving.

Tips from the Test Kitchen: Goes great with a whole grain baguette or tortilla chips. To make pork more tender, cook on low for 8-10 hours.

Nutritional Facts (per serving): Calories: 275, Carbohydrates: 27 grams, Protein: 31 grams, Total Fat: 4 grams, Saturated Fat: 1 gram, Cholesterol: 62 mg, Sodium: 967 mg, Fiber: 8 grams, Total Sugars: 4 grams.