

Chipotle Pork Stew

Servings: 2

Adapted from www.eatbetteramerica.com

Ingredients

1/2 tablespoon olive oil
2-3 boneless pork chops, trimmed of fat and cut into bite-size pieces
1/2 cup chopped red onion
1 tablespoon minced garlic
1 cup corn
1 1/2 cups fat-free, reduced-sodium chicken broth
1/2 cup chipotle-style salsa or regular salsa
1/2 red bell pepper, chopped
1 plum tomato, chopped
1/8 cup snipped fresh cilantro
Light sour cream (optional)

Preparation

- 1) In a large saucepan, heat oil over medium-high heat. Add pork strips; cook and stir for 4 to 5 minutes or until brown and juices run clear. Remove pork strips from saucepan; set aside. Add red onion and garlic to saucepan. Cook and stir for 3 to 4 minutes or until onion is tender.
- 2) Add corn to saucepan. Cook and stir for 4 minutes. Stir in chicken broth, salsa, and bell pepper. Bring to boiling; reduce heat. Simmer, uncovered, for 10 minutes.
- 4) Return pork strips to saucepan; heat through. Remove saucepan from heat; stir in tomato and cilantro. If desired, top individual servings with sour cream.