

Chipotle Pork Stew

Servings: 4

Adapted from www.eatbetteramerica.com

Ingredients

1/2 tablespoon olive oil
1 chipotle pork sirloin, trimmed of fat
1/2 chopped red onion
1 tablespoon minced garlic
1 cup corn
1 1/2 cups fat-free, reduced-sodium chicken broth
1/2 cup salsa
1/2 green bell pepper, chopped
1 plum tomato, chopped
1/8 cup snipped fresh cilantro
Light sour cream (optional)

Preparation

- 1) Place pork sirloin in a slow cooker. Cook on low heat for 6 hours. Take pork out, shred with forks, and place half of the pork back into slow cooker. *Save the other half for the Chipotle Pork Tacos later in the week.*
- 2) In a saucepan, heat oil over medium-high heat. Add red onion, bell pepper and garlic to saucepan. Cook and stir for 3 to 4 minutes or until onion is tender. Add to slow cooker.
- 3) Add corn, chicken broth, and salsa to slow cooker. Cook for an additional hour on low.
- 4) Stir in tomato and cilantro and ladle into bowls. If desired, top individual servings with sour cream.