



# Weekly Recipe Challenge



## Slow-Cooker Braised Pork with Salsa (courtesy of EatingWell)

*With just a few ingredients, you can produce a full-flavored, meltingly tender pork stew in your slow cooker. Serve over quinoa or rice.*

**8 servings, generous 3/4 cup each (2 Carbohydrate Serving) | Active Time: 7-8 hours | Total Time: 7-8 hours**



### Ingredients

- 3 pounds boneless pork shoulder, or butt
- 1 1/2 cups prepared tomatillo salsa
- 1 3/4 cups reduced-sodium chicken broth
- 1 medium onion, thinly sliced
- 1 teaspoon cumin seeds, or ground cumin
- 3 plum tomatoes, (1/2 pound), thinly sliced
- 1/2 cup chopped fresh cilantro, divided
- 1/2 cup reduced-fat sour cream

**Ingredient Note:** *Tomatillo salsa (sometimes labeled Salsa Verde or green salsa) is a blend of green chiles, onions and tomatillos.*

**Make Ahead Tip:** *Cover and refrigerate for up to 2 days or freeze for up to 3 months. Reheat on the stovetop, in a microwave or in the oven.*



### Instructions

1. Trim and discard pork surface fat. Cut meat apart following layers of fat around muscles; trim and discard fat. Cut into 2-inch chunks and rinse with cold water. Place in a 5- or 6-quart slow cooker. Turn heat to high.
2. Combine salsa, broth, onion and cumin seeds in a saucepan and bring to a boil over high heat; pour over meat.
3. Add tomatoes and mix gently. Put the lid on and cook until the meat is pull-apart tender, 6 to 7 hours.
4. With a slotted spoon, transfer the pork to a large bowl; cover and keep warm.
5. Pour the sauce and vegetables into a large skillet; skim fat. Bring to a boil over high heat. Boil, skimming froth from time to time, for about 20 minutes, to intensify flavors and thicken slightly.
6. Add the pork and 1/4 cup cilantro; heat through.
7. To serve, ladle into bowls and garnish each serving with a dollop of sour cream and a sprinkling of the remaining 1/4 cup cilantro.

**Oven method:** *Total: 3 hours Preheat oven to 350°F. Combine pork, salsa, 1/2 cup chicken broth, onion, cumin seeds and tomatoes in a 9-by-13-inch baking dish; cover snugly with foil. Bake until the pork is pull-apart tender, about 2 1/4 hours. Skim fat. Uncover and bake until the meat begins to brown, about 15 minutes more. Stir in 1/4 cup cilantro. Ladle into bowls, garnish with sour cream and remaining cilantro.*



**Nutritional Information (per serving) Exchanges:** 1 vegetable, 4 lean meat

- **Calories** 276
- **Carbohydrates** 6g (Fiber 1g)
- **Cholesterol** 104mg
- **Fat** 15g (Saturated Fat, 6g; Monounsaturated, 7g)
- **Sodium** 211mg
- **Potassium** 413mg
- **Protein** 27g