


ANCHO PORK AND BLACK BEANS WITH PINEAPPLE-HABANERO SALSA
 16 portions

INGREDIENTS

- 3 1/2 pounds pork tenderloin (1568 g)
- 1 tsp of salt
- 1/2 tsp black pepper
- 2 tsps of ancho chilli powder
- 1 tsp of ground cumin
- 1 tsp dried oregano
- 1/4 tsp of ground cinnamon
- 1 med onion, chopped
- 4 cloves of garlic, chopped
- 1 cup of chicken broth
- 1.5 cups of beans
- 2.5 cups of fresh pineapple
- 1/4 cup chopped sweet pepper
- 2 tablespoons chopped cilantro
- 1 tablespoon lime juice
- 1 dash of salt
- 1 nonstick cooking spray
- 1 habanero pepper, seeded and chopped
- 1 can drained diced tomatoes

COOKING METHOD

¹⁰ Description: Equipment: Crock Pot Instructions: 1. Coat slow cooker bowl with nonstick cooking spray. 2. Season pork with salt and pepper. Place in slow cooker. 3. Sprinkle with ancho chile powder, cumin, oregano and cinnamon. Place onion, garlic and tomatoes around pork. Pour broth down sides of bowl. 4. Cover and cook on HIGH for 6 hours or LOW for 8 hours. 5. Remove pork to a cutting board and shred with 2 forks. Return to slow cooker; stir in beans and heat through. serving size: 4 ounces pork + 3 tbsp salsa Pineapple- Habanero Salsa 2 1/2 cups fresh pineapple 1/4 cup finely chopped sweet pepper 1 habanero pepper, seeded and chopped 2 tablespoons chopped cilantro 1 tablespoon lime 1/8 teaspoon salt

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (198 g)	% DRI
ENERGY	97 kcal	192 kcal	10 %
FAT	4 g	7 g	11 %
FATTY ACIDS, TOTAL SATURATED	1 g	3 g	14 %
CHOLESTEROL	24 mg	48 mg	16 %
SODIUM	353 mg	698 mg	29 %
CARBOHYDRATE	6 g	11 g	4 %
SUGARS	2 g	4 g	—
FIBER	1 g	3 g	11 %
PROTEIN	11 g	21 g	—