



The Memphis Philly



1/8th of recipe (1 sandwich): 323 calories, 7g total fat (2.5g sat. fat), 622mg sodium, 38.5g carbs, 3.5g fiber, 13.5g sugars, 26g protein

Prep: 20 minutes **Cook:** 3 - 4 hours *or* 7 - 8 hours, plus 10 minutes

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Ingredients

1 cup canned crushed tomatoes
1/2 cup ketchup
2 1/2 tbsp. apple cider vinegar
2 1/2 tbsp. brown sugar (not packed)
2 tsp. garlic powder
12 oz. raw lean boneless pork tenderloin, trimmed of excess fat
12 oz. raw boneless pork shoulder, trimmed of excess fat
1/8 tsp. each salt and black pepper
2 cups sliced onions
2 cups sliced green bell peppers
8 standard-sized hot dog buns (about 130 calories each)
4 slices reduced-fat provolone cheese, cut into thin strips

Directions

In a slow cooker, combine crushed tomatoes, ketchup, vinegar, brown sugar, and garlic powder. Mix well. Season both types of pork with salt and black pepper, and add to the slow cooker. Top with onions and bell peppers.

Cover and cook on high for 3 - 4 hours *or* on low for 7 - 8 hours, until pork is cooked through and veggies have softened.

Preheat oven to 425 degrees.

Spray a large baking sheet with nonstick spray. Place hot dog buns on the baking sheet, split sides up and evenly spaced. Bake until lightly toasted, about 2 minutes. (Leave oven on afterward.)

Transfer cooked onions and peppers to a medium bowl, and stir to mix.

Transfer pork to a large bowl. Shred with two forks -- one to hold the meat in place and one to scrape across and shred it. Return shredded pork to the slow cooker, and mix well.

Using a slotted spoon to drain excess liquid, evenly distribute saucy pork among the hot dog buns (still on the baking sheet), about 1/2 cup each. Top with veggies (about 1/4 cup each) and cheese strips.

Bake sandwiches until cheese has melted, about 4 minutes.

MAKES 8 SERVINGS

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