



Pork Tenderloin Green Chili



1/6th of recipe (about 1 1/3 cups): 253 calories, 2g total fat (0.5g sat fat), 817mg sodium, 35g carbs, 9g fiber, 6g sugars, 22g protein

Freestyle™ [SmartPoints®](#) value 1*

[SmartPoints®](#) value 5*

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

Tagged: [Lunch & Dinner Recipes](#), [Four or More Servings](#)



Ingredients

2 cups chopped kale
Two 15.5-oz. cans cannellini (white kidney) beans, drained and rinsed
2 cups reduced-sodium chicken broth
1 cup salsa verde (tomatillo salsa)
One 4-oz. can diced green chiles, not drained
2 cups chopped onion
1 cup chopped green bell pepper
1 tbsp. chopped garlic
1 tbsp. chili powder
1 tsp. ground cumin
1/2 tsp. dried oregano
1 dried bay leaf
12 oz. raw lean boneless pork tenderloin, trimmed of excess fat
1/2 cup chopped cilantro

Directions

In a blender, combine kale, half of the drained/rinsed cannellini beans, and 1 cup broth. Blend until smooth.

Transfer mixture to a slow cooker. Add all remaining ingredients *except* pork and cilantro, and stir until evenly mixed.

Add pork, and stir to coat.

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

Remove bay leaf and discard. 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.

Top each serving with a heaping tablespoon of chopped cilantro.

MAKES 6 SERVINGS

[SmartPoints®](#) value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints®](#) values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints®](#) values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints®](#) trademark.