



Slow-Cooker 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

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

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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

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