



Slow-Cooker Sweet & Spicy Pork



1/6th of recipe: 213 calories, 4.5g total fat (1.5g sat. fat), 449mg sodium, 18g carbs, 2g fiber, 12g sugars, 23.5g protein

Prep: 10 minutes **Cook:** 3-4 hours on high or 7-8 hours on low

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Ingredients

Two 8-oz. cans crushed pineapple packed in juice (not drained)
1 tbsp. chopped garlic
1 tbsp. lime juice
1 1/2 tsp. chili powder
1 tsp. ground cumin
3/4 tsp. salt
12 oz. raw lean boneless pork tenderloin, trimmed of excess fat
12 oz. raw boneless pork shoulder, trimmed of excess fat
1/4 tsp. black pepper
2 cups chopped onion
One 4-oz. can diced jalapeños (not drained)
1/2 cup chopped fresh cilantro, or more for topping

Directions

In a slow cooker, combine pineapple, garlic, lime juice, chili powder, cumin, and 1/4 tsp. salt. Mix well.

Season both types of pork with black pepper and remaining 1/2 tsp. salt, and add to the slow cooker. Top with onion, jalapeños, and cilantro. Gently stir to coat.

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

Transfer pork to a large bowl. Shred with two forks.

Return pork to the slow cooker, and mix well.

MAKES 6 SERVINGS

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