

Black Bean and Pork Tenderloin Slow Cooker Chili

Adapted from Allrecipes.com

Ingredients:

Serves: 10

1 ½ pounds pork tenderloin or use cheaper cut such as shoulder
1 onion, coarsely chopped
1 red bell pepper, coarsely chopped
3 (15 ounce cans) black beans
1 (16 ounce) jar salsa
½ cup chicken broth
1 teaspoon dried oregano
2 garlic cloves, minced
1 teaspoon ground cumin
2 teaspoons chili powder

Tips & Facts:

- ✓ Add green chilies for added flavor
- ✓ Sauté garlic and onion in a little olive oil to intensify flavor
- ✓ Make your own salsa by processing in blender: 5 large tomatoes, ½ chopped onion, 1 Tablespoon minced garlic, 1 fresh jalapeno (if desired), salt, pepper and fresh cilantro.

*Reduce the sodium content considerably by making your own salsa, rinsing the black beans and draining and using low sodium chicken broth.

Directions:

1. Combine all ingredients in slow cooker
2. Set to "low" and cook for 8 to 10 hours
3. Break up pieces of cooked pork to thicken the chili before serving

Nutrition Facts (per serving):

Calories: 203 cal; Carbohydrates: 26g; Total Fat: 4.7g; Protein: 19.4g; Fiber: 8.3g; Cholesterol: 27mg; Sodium: 1006*mg



Cost Analysis

Ingredients	Cost of Ingredients	Cost of Quantity Needed for Recipe
Pork	Picnic shoulder \$1.99/pound	\$2.50
onion	.99/2 onions	.50
Red bell pepper	\$1.29	\$1.29
Black beans	.69/can	\$2.07
salsa	\$3.49/ 15.5 ounces	\$3.49
Chicken broth	\$1.00/14 ounces	.30
Oregano	\$2.99/.75 ounce	.30
Cumin	\$2.99/2ounces	.24
Chili powder	\$2.29/2.25 ounces	.30
TOTAL	\$19.10	\$10.99
		Cost per Serving: \$1.09