

# Pork and Poblano Stew

*Shelli McConnell*

*Better Homes and Gardens Magazine - October 2012*

**Servings: 4****Yield: 6 cups**

*1 1/4 pounds pork tenderloin, cut into 3/4- to 1-inch pieces*  
*2 teaspoons hot chili powder*  
*2 tablespoons olive oil*  
*1 fresh poblano chile pepper, seeded and cut into 1-inch pieces*  
*1 large red sweet pepper, seeded and cut into 1-inch pieces*  
*1 medium onion, cut into thin wedges*  
*1 can (14-1/2 ounces) fire-roasted tomatoes with garlic, undrained*  
*1 can (14-1/2 ounces) reduced-sodium chicken broth*  
*1 three-inch piece stick cinnamon*  
*1/4 cup fresh orange juice*  
*2 teaspoons orange peel, finely shredded*

**Preparation Time: 40 minutes**

Toss the pork with the chili powder to coat.

In a large saucepan, heat one tablespoon of olive oil over medium-high heat. Cook the pork about 4 minutes or until browned, stirring occasionally. Use a slotted spoon to remove the pieces. Set aside.

Add the remaining oil to the saucepan. Add the poblano pepper, sweet pepper and onion. Cook over medium-high heat until the vegetables are just tender, about 5 minutes.

Add the tomatoes, broth and stick cinnamon. Bring to boiling. Reduce the heat. Simmer, covered, over medium-low heat for 10 minutes.

Add the pork and orange juice. Simmer, uncovered, for 5 minutes. Stir in the orange peel. Remove the stick cinnamon before serving.

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Per Serving (excluding unknown items): 261 Calories; 12g Fat (41.4% calories from fat); 30g Protein; 8g Carbohydrate; 3g Dietary Fiber; 92mg Cholesterol; 85mg Sodium. Exchanges: 0 Grain(Starch); 4 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 1 1/2 Fat.