

Tomatillo Pork Stew

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Servings: 6

2 pounds boneless pork shoulder OR
pork butt, cut into two-inch pieces

1 teaspoon dried oregano

1 teaspoon cumin

1/2 teaspoon salt

1/4 teaspoon black pepper

2 onions, halved and sliced

4 cloves garlic, chopped

2 green peppers, cored, seeded and
sliced

1 jar (16 ounce) tomatillo salsa

2 tablespoons cornmeal

3 cups cooked white rice

sour cream (optional)

cilantro (optional)

Preparation Time: 15 minutes

Cook Time: 6 hours

Coat a slow cooker bowl with nonstick cooking
spray.

Place the pork in the bottom of the slow cooker
and toss with the oregano, cumin, salt and
pepper.

Scatter the onions, garlic and green peppers
over the pork, in that order. Pour the salsa
evenly over the top.

Cover and cook on HIGH for 6 hours or LOW for
8 hours.

Stir in the cornmeal during the last 15 minutes.

Serve with rice and, if desired, top with sour
cream and cilantro.

Per Serving (excluding unknown
items): 160 Calories; 1g Fat (3.1%
calories from fat); 4g Protein; 35g
Carbohydrate; 2g Dietary Fiber;
0mg Cholesterol; 182mg Sodium.
Exchanges: 2 Grain(Starch); 0
Lean Meat; 1 Vegetable; 0 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	160
% Calories from Fat:	3.1%
% Calories from Carbohydrates:	87.5%
% Calories from Protein:	9.4%

Vitamin B6 (mg):	1.0mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.2mg
Riboflavin B2 (mg):	trace

Total Fat (g): 1g
Saturated Fat (g): trace
Monounsaturated Fat (g): trace
Polyunsaturated Fat (g): trace
Cholesterol (mg): 0mg
Carbohydrate (g): 35g
Dietary Fiber (g): 2g
Protein (g): 4g
Sodium (mg): 182mg
Potassium (mg): 188mg
Calcium (mg): 33mg
Iron (mg): 1mg
Zinc (mg): 1mg
Vitamin C (mg): 39mg
Vitamin A (i.u.): 284IU
Vitamin A (r.e.): 28 1/2RE

Folacin (mcg): 72mcg
Niacin (mg): 2mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: 0 0%

Food Exchanges

Grain (Starch): 2
Lean Meat: 0
Vegetable: 1
Fruit: 0
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 160 **Calories from Fat:** 5

% Daily Values*

Total Fat	1g	1%
Saturated Fat	trace	1%
Cholesterol	0mg	0%
Sodium	182mg	8%
Total Carbohydrates	35g	12%
Dietary Fiber	2g	9%
Protein	4g	
Vitamin A		6%
Vitamin C		64%
Calcium		3%
Iron		5%

* Percent Daily Values are based on a 2000 calorie diet.