



## Mexican Pork Stew

**Prep: 15 minutes**

**Slow Cook: 4 hours • Serves: 6**

- 4 cooked bone-in center-cut pork chops, deboned, cut into 1-inch pieces
  - 2 cans (14.5 ounces each) Mexican-style stewed tomatoes
  - 1 can (15 ounces) reduced sodium black beans, drained and rinsed
  - 1 can (14.5 ounces) less-sodium chicken broth
  - 1 bag (10 ounces) frozen sweet corn, thawed
- Fresh chopped cilantro and sliced jalapeños for garnish (optional)

**1.** In 5- to 6-quart slow cooker, stir pork chops, tomatoes with their juice, beans, broth and corn; cover and cook on high 4 hours or low 8 hours or until pork is tender. Makes about 8 cups.

**2.** Serve stew garnished with cilantro and jalapeños, if desired.

*Approximate nutritional values per serving (1 ½ cups):  
301 Calories, 7g Fat (2g Saturated), 67mg Cholesterol,  
703mg Sodium, 33g Carbohydrates, 6g Fiber, 5g Sugars, 29g Protein*