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Tex Mex Pulled Pork

Serves 6-8

This shredded pork and sauce is perfect on buns and to stuff tacos, burritos, enchiladas or chiles rellenos.

Times:

10 minutes prep time
480 minutes cook time

Ingredients:

2 1/2 - 3 pound boneless pork loin, or pork roast
1 8-oz can tomato sauce
1 cup barbecue sauce
1 onion, sliced
2 4 1/2-oz cans green chiles, diced
4 tablespoons chili powder
1 teaspoon ground cumin
1 teaspoon dried oregano
1/4 teaspoon ground cinnamon
1/2 cup cilantro, chopped

Cooking Directions:

In 4-quart slow cooker, stir together tomato sauce, barbecue sauce, onion, chiles, chili powder, cumin, oregano and cinnamon; add pork roast and spoon sauce over pork. Cover and cook on low heat setting 8-10 hours, until pork is tender. Remove pork to a cutting board and pull into shreds. Serve with sauce on side. Garnish with fresh cilantro.

Serving Suggestions:

Favorite southwestern flavors simmer with a pork roast in the slow cooker. Shred the slow-cooked pork and serve in its sauce alongside corn muffins or warm flour tortillas. Toss a fruit salad to accompany.

Nutrition:

Calories: 283 calories
Protein: 38 grams
Fat: 9 grams
Sodium: 615 milligrams
Cholesterol: 89 milligrams
Saturated Fat: 2 grams
Carbohydrates: 14 grams
Fiber: 4 grams