Pork and Black Bean Verde Stew Recipe

**SERVINGS: 4**

**INGREDIENTS**

2 teaspoons extra-virgin olive oil
1 pound pork loin or tenderloin, trimmed of visible fat and cut into 1” cubes
1¼ cup chopped onions
3 cloves garlic
2 canned chipotle peppers in adobo sauce, minced plus 1 teaspoon adobo sauce
1 teaspoon ground cumin
1 packet Goya Sazon with coriander & annatto (or similar seasoning packet)
1 can (14 ounces) no salt added chicken broth
1 can (14.5 ounces) no salt added diced tomatoes in juice
1 can (14.5 ounces) no salt added black beans, drained & rinsed
1 teaspoon crushed red pepper flakes (optional)

**DIRECTIONS**

1. In large pot or Dutch oven, heat olive oil over medium high heat.
2. Add pork cubes and cook, stirring occasionally for 4-6 minutes or until browned on all sides.
3. Add onion and garlic and cook for 2-3 minutes, or until starting to soften.
4. Add chipotle peppers and sauce, cumin, and seasoning packet. Stir to mix.
5. Add broth, tomatoes, beans and red pepper flakes if desired. Stir to mix well.
6. Bring stew to a boil then reduce heat to low.
7. Cover pot and simmer for 45 minutes to 1 hour, or until the port is fork tender.
8. Serve stew in bowls over brown rice or add rice to stew, if desired. (Rice not included in nutritional analysis.)

**NUTRITIONAL VALUES**

Serving size: ¼ of recipe, not including rice
Calories: 308
Carbohydrate: 25 grams
Fat: 7 grams (2 grams saturated)
Protein: 33 grams
Cholesterol: 84 milligrams
Sodium: 414 milligrams
Fiber: 6 grams