

**WORK HARD
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Mexican-Style Pork & Sweet Potato Slow Cooker Stew

4 Servings (approximately 1.5 cups w/o rice)
376 Cal, 38g Carb, 11g Fat, 28g Pro

- 1 small poblano chile
- 1 lb boneless pork tenderloin, cut into 1 inch cubes
- 1/2 cup chicken broth
- 1 large sweet potato, peeled and cut into 1 inch cubes
- 1 small onion, chopped
- 1 clove garlic, finely chopped
- 14.5 oz can fire-roasted diced tomatoes, undrained
- 1/2 tsp ground cumin
- 1/2 tsp salt
- 1/4 tsp ground black pepper
- 1 Tbs fresh lime juice
- 3 cups cooked brown rice

Turn on a stovetop burner and place poblano chile over open flame (use tongs to keep fingers away from flame); carefully turn to char on all sides. Place pepper in a brown paper or plastic bag; close bag and set aside for 10 minutes to steam. Rub pepper skin off with your hands under cold running water; core, seed and dice. (You can substitute a small can of green chili peppers if you'd like.)

Place pork in a 5-quart slow cooker. Add broth, sweet potato, onion, garlic, poblano chile, tomatoes, cumin, salt, and pepper; stir well. Cover and cook on LOW setting for 6 to 7 hours. Serve over 3/4 cup of brown rice. Add lime juice over top. (This recipe was adapted from Weight Watchers.)