

"PIG SKIN" CHILI

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Gluten Free, Higher Fiber, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium

Serves: 10 (Serving= 1 cup)

Nutrition (per serving)

Total Fat: 3 g	Total Carbohydrate: 27
Saturated Fat: 1 g	Dietary Fiber: 7 g
Sodium: 353 mg	Calories: 213
	Protein: 20 g

Ingredients

- 1½ pounds pork tenderloin
- 2- 15.5 ounce cans pinto beans, drained and rinsed
- 1 bell pepper, finely chopped
- 1 onion, finely chopped
- 1- 12 ounce light beer (use gluten free beer or gluten free stock/broth for GF version)
- 1 - 6 ounce can tomato paste
- 1 - 14.5 ounce can no salt added diced tomatoes
- 22 ounces low sodium vegetable juice
- 1 Tablespoon minced garlic
- ¼ cup fresh cilantro, chopped
- Juice of 1 fresh lime
- 1½ Tablespoons ground cumin
- 2 Tablespoons chili powder
- 2 Tablespoons Splenda® brown sugar blend
- 1 cup water

Directions

1. Trim the fat off of the pork tenderloin and cut into small cubes.
2. Place all ingredients in slow cooker and cook on high for 4 hours or low for 8 hours.