

Slow Cooker Southwest Pork Stew

Yield: 6 min
Total Time: 370 min

Recipe from: <https://www.recipeschoose.com/recipes/crock-pot-recipe-for-mexican-pork-stew>

Ingredients:

- 2 cups chicken broth
- 2 cups salsa verde
- 30 ounces black beans rinsed and drained
- 10 ounces diced tomatoes and green chilies
- 1 pound pork shredded
- 1 small onion diced
- 2 cloves garlic minced
- 12 ounces frozen corn
- 1 teaspoon chili powder
- 1 teaspoon ground cumin
- 1/8 cup yellow cornmeal
- 1/4 cup chopped fresh cilantro
- salt
- pepper

Nutrition:

1. Calories: 380 calories
2. Carbohydrate: 50 grams
3. Cholesterol: 50 milligrams
4. Fat: 9 grams
5. Fiber: 13 grams
6. Protein: 30 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 1360 milligrams
9. Sugar: 9 grams

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