

Pork with Smoky Tomato & Green Chili Stew



Makes:

12 servings

Utensil:

Saladmaster Food Processor
9 Qt./8.5 L Braiser Pan with Cover
small mixing bowl

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Recipe:

Contributed By:

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Recipe Description:

Pork tenderloin is a lean, quick cooking and flavorful choice for this Mexican inspired stew. A dry spice rub adds delicious notes of smoky, spicy flavor without any additional fat. Prepare the stew in advance and reheat as part of an easy meal when entertaining or for a large gathering.

3 - 4 pounds
pork tenderloin
(1.4 - 1.8
kg)
2 teaspoons
oregano, dried
(4
g)
1 tablespoon
cumin, ground
(8
g)
1 teaspoon
natural salt
(6
g)
1 teaspoon
smoked paprika
(2
g)
½ teaspoon
black pepper, ground
(1
g)
2 large
onions, strung, use Cone #2
2 tablespoons

garlic, shredded, use Cone #1

(17

g)

2 cans diced green chili peppers, rinsed and drained

3 cups

low-sodium chicken stock

(700

mL)

1 28-ounce

can fire-roasted diced tomatoes

(794

g)

16 ounces

frozen corn, organic

(454

g)

Directions:

1. Trim excess fat and silver skin from pork tenderloin and cut into 1 $\frac{1}{2}$ - 2 inch pieces.
2. Combine oregano, cumin, salt, paprika and pepper in a small bowl. Sprinkle mixture over pork pieces and toss well to combine.
3. Preheat pan over medium heat. When several drops of water sprinkled on pan skitter and dissipate, approximately 5 - 7 minutes, add seasoned pork and brown pieces on all sides, approximately 6 - 8 minutes.
4. Add onions and garlic. Stir to combine and sauté until brown.
5. Add green chili peppers, fire-roasted tomatoes, chicken stock and corn. Stir to combine and cover.
6. When Vapo-Valve™ clicks steadily, reduce heat to low and cook for 30 minutes until pork is cooked through and tender.
7. Serve stew with a variety of toppings and warm corn tortillas to dip or add into stew.

Tips:

- Make a batch of corn tortillas with the Saladmaster Flatbread Pan to serve with stew:
<http://recipes.saladmaster.com/recipe/corn-tortilla>,
- Offer an assortment of garnishes to add to the stew: queso fresco, cilantro, radish slices, hot sauce, sour cream, shredded cheese, tomatillo salsa and shredded lettuce.
- Substitute pork tenderloin for diced boneless pork shoulder.
- Substitute frozen corn for fresh corn, when in season.
- Add in additional vegetables such as diced potatoes or diced red and green peppers.

Nutritional Information per

▼ Serving

Calories: 261

Total Fat: 6g

Saturated Fat: 2g

Cholesterol: 98mg

Sodium: 507mg

Total 17g

Carbs:

Dietary Fiber: 3g

Sugar: 5g

Protein: 34g

Nutritional analysis calculated using 4 pounds pork tenderloin