



FRESH PORK PAIRINGS

Want to round out your fresh pork dinner? Add a carbohydrate, such as rice or potatoes, and a vegetable for a complete meal.



CHILI RUB SLOW COOKER PULLED PORK

INGREDIENTS

1 Smithfield® Pork Boneless Sirloin
2 tablespoons chili powder
1 teaspoon salt

½ teaspoon cayenne pepper
1 tablespoon canola oil, or other neutral flavored oil
½ cup low sodium chicken broth

INSTRUCTIONS

1. Line a 9-by-13-inch baking pan with foil and place the pork in the pan. In a small bowl, combine chili powder, salt and cayenne. Rub mixture over all sides of the meat, pressing it to adhere. Set aside. 2. In a large skillet over medium-high heat, warm the oil. Add the pork and brown on all sides, 6 to 9 minutes. Transfer the meat to slow cooker. 3. Add the broth to the skillet, scraping up any browned bits. Add the broth to the slow cooker, cover, and cook until the pork is very tender, 6 to 8 hours on low or 4 to 5 hours on high. 4. Transfer meat to a cutting board and let rest 10 to 15 minutes. Use two forks to shred meat into bite-sized pieces. Moisten/season with cooking juices to taste. Makes 9 servings.

PAIR IT WITH



Sweet Potato



Sautéed Brussels Sprouts

Nutrition Information per Serving: Calories: 210, Total Fat: 8 g, Saturated Fat: 2 g, Trans Fat: 0 g, Cholesterol: 95 mg, Sodium: 350 mg, Total Carbohydrate: 0 g, Dietary Fiber: 0 g, Sugars: 0 g, Added Sugars: 0 g, Protein: 34 g. Nutrition information for this recipe is approximate and derived based upon supplier information and available reference data. These values may change based on substitutions or additions of ingredients or cooking technique.

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