

FIERY PORK & BEANS

Time: 40 minutes

Serves: 6

Ingredients:

- 1 tablespoon extra-virgin olive oil
- 1 pound pork tenderloin – cubed to $\frac{3}{4}$ "
- $\frac{1}{2}$ teaspoon kosher salt
- $\frac{1}{4}$ teaspoon fresh ground black pepper
- 1 large red onion – chopped
- 6 cloves garlic – finely chopped or crushed
- 2 - 14 ounce cans red kidney beans – rinsed and drained
- 14 ounce can diced tomatoes
- 2 tablespoons canned chipotle peppers – chopped
- 1 teaspoon ground cumin
- 4 tablespoons parsley or cilantro - chopped

Preparation:

Preheat a large pot over high heat with the olive oil.

Season the pork with the salt and pepper then add to the pot, stirring occasionally for five minutes.

Add the onion and garlic, stirring occasionally for another five minutes.

Stir in the remaining ingredients except for the parsley or cilantro and reduce heat to medium low. Simmer uncovered, stirring occasionally for fifteen minutes.

Remove from heat. Stir in the parsley or cilantro and serve.

Nutritional Information Per Serving:

- Calories: 245
- Fat: 6g
- Carbs: 25g
- Fibre: 7g
- Protein: 24g