

Slow Cooker Chili Verde



main meals

POINTS® Value: 8
Servings: 4
Preparation Time: 25 min
Cooking Time: 425 min
Level of Difficulty: Moderate

This pork and vegetable green chili is delicious over polenta but you can spoon it over two cups of canned, heated pinto or kidney beans if you prefer.

Ingredients

- 1 medium poblano chile
- 1 tbsp canola oil, or 1 1/2 tsp each canola and olive oil
- 1 small onion(s), diced (about 1 cup)
- 1 large garlic clove(s), minced
- 1 medium zucchini, trimmed and diced
- 1 pound(s) lean pork tenderloin, cut into 1-inch chunks
- 1 cup(s) chopped tomatillos, about 3 small husked tomatillos
- 1/2 tsp ground cumin
- 1/8 tsp cayenne pepper, or 1/4 tsp chipotle chile powder
- 1/4 tsp dried oregano, crushed
- 1 tsp table salt
- 1/4 tsp black pepper
- 1 cup(s) fat-free chicken broth
- 8 1/2 oz polenta, use half of a 17 oz prepared polenta log

Instructions

Place poblano chile over open flame of stovetop and roast until browned all over, turning with metal tongs, about 5 minutes total. (Note: If you have an electric range, broil chile, turning every few minutes, until browned.) Place chile in a resealable plastic bag; close and set aside.

Heat oil in a large skillet. Add onion, garlic and zucchini; sauté over high heat, stirring frequently, until tender, about 3 to 5 minutes. Spoon vegetables into a 3- to 5-quart slow cooker; add pork and tomatillos.

Remove chile from bag and hold chile under running water; scrape off skin with fingers. Chop chile and add to slow cooker; add cumin, cayenne or chile powder, oregano, salt, pepper and broth. Cover and cook stew on low for 6 to 7 hours.

Cut polenta into small pieces; place in a microwave-safe serving bowl. Microwave on HIGH until polenta is hot and tender, about 2 minutes. Mash polenta and then beat with a spoon to a fluffy consistency. Spoon stew over polenta and serve. Yields about 1 cup of chili and 1/4 of polenta per serving