

Pork and Tomatillo Chili

If you aren't familiar – tomatillos are a small, green tomato that have a lot of sweetness to them. You may have tried **tomatillo salsa** before, which is more sweet than spicy.

You can find the tomatillos in the produce section near the tomatoes. Sometimes they come with a husk that needs to be removed, and they always need to be rinsed before using. **This recipe can also be made on the stovetop using a large stockpot instead.** Always make sure pork is cooked to 145F before serving.

This recipe is perfect for the bariatric diet after you've had Gastric Sleeve or Gastric Bypass surgery. There are no starches in this recipe and the pork is a great source of lean protein. **Strain any liquid off of your chili before eating to allow this meal to stay with you for hours after eating.** As always, keep your bites small, the size of a black bean.

Ingredients

- 1 lb tomatillos, husked and rinsed
- 2 plum tomatoes
- 2 poblano chile peppers
- 1 to 1.5 lbs boneless pork tenderloin, trimmed of fat
- 2 tbsp chili powder
- 2 tbsp ground cumin
- 1/8 tsp each salt and pepper
- 1 small onion, chopped
- 3 cloves garlic, chopped or pressed
- 2 cups low sodium chicken broth
- sliced green onions and low-fat cheese for topping



Instructions

1. Preheat broiler. Toss the tomatillos and tomatoes with 1 tsp olive oil on a baking sheet and push to one side.
2. Put the poblano peppers on the other side of the baking sheet. Broil, turning the veggies occasionally, about 10 minutes.
3. Transfer the tomatillos and tomatoes to a blender or food processor.
4. Seed the peppers and add them to the blender. Pour the mixture into a slow cooker.
5. Toss the pork tenderloin with chili powder, cumin, salt and pepper. Add to the slow cooker. Add onion, garlic and broth.
6. Cook on low for 7 hours or high for 3 hours. Remove lid and use kitchen shears or two forks to chop up the pork tenderloin into pieces (it should shred very easily).
7. Use a slotted spoon to remove liquids from solids for best hunger control. Serve with green onions and reduced-fat shredded cheddar cheese.

Recipe Notes:

This recipe makes 6 servings.

Each serving will provide an estimated 28 grams protein, 10 grams carbohydrates and 5 grams fat

*Serving sizes on the recipes are not necessarily "bariatric sized" portions but are "traditional" portion sizes.