Slow Cooker Hominy and Pork Stew

Ingredients:
- 2 Tbsp. canola or sunflower oil
- ¾ c. chopped onion
- 3 tsp. chopped garlic
- 1 ½ pounds lean pork (such as pork chops), but into bite-sized pieces
- 1 tsp. pureed chipotle peppers in adobo sauce
- ¼ tsp. cumin
- ½ tsp. oregano
- 2 (14.5-oz.) can reduced-sodium chicken broth (about 3 ½ cups)
- 1 (29-oz.) can hominy, drained and rinsed
- 1 (14.5-oz.) can diced reduced-sodium tomatoes (with juice)
- Optional toppings (chopped cilantro, fresh sliced jalapenos*)

Directions:
- Trim any visible fat from the pork, then cut into bite-sized pieces. Heat oil in pan over medium heat, and add onion, garlic and pork. Cook until pork is browned and onions are translucent. (Watch closely so the garlic does not burn.) Place pork, onions and garlic in a slow cooker, and add all remaining ingredients. Mix and cook on low for about eight hours. Top with chopped fresh cilantro and jalapenos right before serving.

Alternate directions: This can be simmered on a stovetop if you plan to remain at home during the cooking process. If the stew thickens too much, add additional broth.

(* Note: To decrease “heat” in the peppers, remove the seeds and veins.)

Makes 10 servings. Per serving: 210 calories, 9 grams (g) fat, 19 g protein, 11 g carbohydrate, 2 g fiber and 600 mg sodium.