

# "PIG SKIN" CHILI

*Gluten Free, Higher Fiber, Low Carb / Diabetes Friendly, Lower Saturated Fat*

Serves: 14 (Serving= 1 cup)

## Nutrition (per serving)

Calories: 250

Total Fat: 4 g

Saturated Fat: 2 g

Sodium: 500 mg

Total Carbohydrate: 29 g

Dietary Fiber: 3 g

Total Sugars: 13 g

Added Sugars: 5 g

Protein: 20 g



## Ingredients

### Chili

- 1 ½ pounds pork tenderloin, trimmed and cut into small cubes
- 2 – 15.5 ounce cans pinto beans, drained and rinsed
- 2 – 10 ounce cans no salt added diced tomatoes with green chilies
- 1 cup chopped yellow bell pepper
- 1 cup chopped onion
- 22 ounces low sodium vegetable juice
- 12 ounces light beer (use gluten free for GF version)
- 1 cup water
- 1 - 6 ounce can no salt added tomato paste
- ¼ cup brown sugar
- 2 Tablespoons chili powder
- 1 ½ Tablespoons ground cumin
- 1 Tablespoon minced garlic
- Juice of 1 lime
- ½ teaspoon salt



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### *Garnish*

- ¾ cup chopped fresh cilantro leaves
- 10 lime wedges
- 10 Tablespoons (~2/3 cup) light sour cream

### **Directions**

1. Add all chili ingredients to slow cooker and cook on low for 8-10 hours.
2. Garnish with cilantro, lime wedge and 1 Tablespoon of sour cream.