

# Weeknight Wonders



## Pork & Black Bean Stew

*You'll save about \$5 per pound by buying a shoulder roast instead of pork loin for this simple, filling stew.*

- 1 (6-oz) can tomato paste
- 4 cups low-sodium chicken broth  
Juice and finely grated rind  
of 1 lime
- 2 tsp chili powder
- 1 tsp crushed red pepper
- 5 cloves garlic, minced
- 1 lb dried black beans
- 1 large onion, sliced
- 2 lb boneless pork shoulder,  
cut in half
- ½ tsp salt
- 2 Tbsp canola oil
- 16 oz yellow rice (like Goya)

**1.** In slow cooker, stir together tomato paste, broth, lime zest and juice, chili powder, red pepper and garlic. Stir in beans and onion.

**2.** Sprinkle pork with salt. Heat oil in a skillet and brown pork on all sides. Put pork in slow cooker, cover and cook on LOW until pork shreds easily, 7 to 8 hours. Taste and adjust seasonings. Shred pork and stir it back into the slow cooker. Cook rice according to package directions and serve with stew. Top with sour cream and parsley, if desired. **Serves 10**