



## Crick Pot Pulled Pork Tenderloin

**Makes 8 servings**

1 serving =  $\frac{3}{4}$  cup pulled pork

### Ingredients:

2 pounds pork tenderloin  
 2 Tbsp chili powder  
 1 tsp. cumin  
 $\frac{1}{4}$  cup red wine vinegar  
 $\frac{1}{2}$  cup honey  
 2 peeled large onion rings  
 2 tsp. thyme  
 2 tsp minced garlic  
 $\frac{1}{2}$  teaspoon salt  
 1 Tbsp canola oil

### Directions:

Add all ingredients to the crock pot and cook on low for 6-8h or high for 4 hours

### Nutrition Information per serving

175 calories, 18g carbohydrates, 0g fiber, 16g protein, 4g fat, 1g sat fat, 370 mg of sodium

<b>350= 3P,1S,2V,1O,1F</b>	<b>500 = 4P, 2S, 2V, 2O, 1F</b>	<b>600 = 4P,3S, 2V, 2O, 1F</b>
$\frac{3}{4}$ cup pulled pork (3P, 1S,1O)	$\frac{3}{4}$ cup pulled pork (3P, 1S, 1O)	$\frac{3}{4}$ cup pulled pork (3P, 1S, 1O)
2 cup leafy greens (2V)	2 cup leafy greens (2V)	2 cup leafy greens (2V)
2 Tbsp fat free dressing	$\frac{1}{2}$ cup baked beans (1P 1S)	1 whole wheat roll (2S)
1 $\frac{1}{4}$ cup sliced strawberries (F)	1 $\frac{1}{4}$ cup sliced strawberries (F)	1 ounce (1/4 cup) low fat cheese (1P)
	4 Tbsp whipped topping (O)	1 $\frac{1}{4}$ cup sliced strawberries (F)
		4 Tbsp whipped topping (O)