

 **Prep:** 10 minutes  
 **Cook:** 7 hours  
 **Servings:** 4

# Slow Cooker Pork and Pinto Bean Enchiladas

## INGREDIENTS

1 can (~16 oz) Pinto Beans or Reduced Sodium Pinto Beans, any variety, *drained and rinsed*

2 lbs pork loin, *trimmed of all visible fat*

1 can (10 oz) enchilada sauce (mild, medium or hot)

1 small carrot, *peeled and grated*

½ cup salsa (mild, medium or hot)

10 (10-inch) flour tortillas

### Optional toppings:

shredded low-fat cheddar cheese

shredded romaine lettuce

reduced fat sour cream

## DIRECTIONS

1. Place beans, pork, enchilada sauce, carrot and salsa in slow cooker and stir to combine. Cover and cook on low for 7 hours.
2. When meat is done, carefully remove lid of slow cooker. Using 2 forks, pull meat apart into shredded pieces and mix with sauce.
3. Place tortillas on a plate and heat on high in microwave until warm, 30-45 seconds.
4. Use a slotted spoon or tongs to divide pork mixture evenly and put it in center of each tortilla.
5. Add optional toppings as desired and roll up burrito style, slice in half and serve.

### Nutrition Information (per serving, does not include optional toppings)

Calories 342	Carbohydrate 24g	Calcium 81mg (6%)
Total Fat 13g	Fiber 6g	Iron 4mg (21%)
Saturated Fat 5g	Sugars 1g	Potassium 935g (20%)
	Protein 32g	



**Canned  
Beans**  
OPEN THE POSSIBILITIES