

## Pork Chile Verde (Crockpot)

Author: Adapted from a Food Network recipe by Mary Sue Milliken & Susan Feniger, 1997

Carolyn T's  
Main Cookbook

**Servings: 8**



*Notes: This recipe makes a fairly large amount - you'll need a large sized crockpot if you make the full recipe. Once I filled the pot with the onions and chiles, it was full, so needed to wait until some of the vegetables had cooked down a bit before I added the cooked pork.*

*Description:*

1. Into the crockpot place the onions, chiles, tomatillos and garlic. Add the cumin, oregano and coriander seeds and stir well. Add the bay leaf. Add the chicken stock (heated, or use a concentrate and boiling water) and allow to simmer for about an hour or two.
2. Toss the pork slices in the flour and add to the crockpot (cut up whatever way you'd like, but bite-sized chunks are good) and the cilantro. Stir this in to the chile mixture, put on the lid and allow to simmer for 6-7 hours.
3. Adjust the seasoning to taste with salt and pepper. Serve with rice, if desired.

**3 pounds pork loin, lean, boneless,  
cooked, trimmed of any fat**

**3 tablespoons flour**

**CHILE VERDE:**

**3 whole yellow onions, chopped**

**3 whole Anaheim chili pepper, cut into  
1-inch cubes, or narrower strips**

**3 whole Poblano chiles, cut into 1-inch  
cubes**

**2 whole jalapenos, seeds removed, and  
finely chopped (2 to 3)**

**3 whole garlic cloves, peeled and finely  
chopped**

**1 pound tomatillos, roasted, peeled and  
chopped**

**1 tablespoon dried oregano**

**2 teaspoons ground cumin**

**2 tablespoons coriander seeds, crushed  
and soaked in a scant amount of water**

**2 whole bay leaves**

**1 bunch cilantro, cleaned and chopped**

**4 cups chicken stock**

*Serving Ideas: Ideally this should be served with rice. If you are watching carbs, serve it in a wide soup bowl without any carbs at all.*

**Blog: Carolyn T's Blog:**

<http://tastingspoons.com>

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*Per Serving (excluding unknown items): 272 Calories;  
9g Fat (29.3% calories from fat); 33g Protein; 14g  
Carbohydrate; 3g Dietary Fiber; 77mg Cholesterol;  
1142mg Sodium. Exchanges: 0 Grain(Starch); 4 1/2  
Lean Meat; 2 Vegetable; 0 Fat.*