

Slow-Cooked BBQ Fennel, Onion, and Pork Sandwiches

Mark Bittman

Cooking Light Magazine - July 2012

Servings: 6

Preparation Time: 35 minutes

Start to Finish Time: 45 minutes

8 ounces boneless pork shoulder, trimmed and chopped

2 cups onion, vertically sliced

1 large fennel bulb, thinly sliced

1/2 teaspoon Kosher salt

1/2 teaspoon chili powder

1/2 teaspoon paprika

1/4 teaspoon ground cumin

1/4 teaspoon black pepper

1/4 cup crushed tomatoes

1/4 cup cider vinegar

2 teaspoons extra-virgin olive oil

2 teaspoons cider vinegar

3/4 cup green cabbage, thinly sliced

3/4 cup red cabbage, thinly sliced

1/3 cup plain 2% Greek yogurt

2 tablespoons canola mayonnaise

1 teaspoon garlic, minced

6 (1 1/2 ounce) whole wheat buns, toasted

Heat a Dutch oven over medium-high heat. Add the pork to the pan. Cook for 2 minutes.

Add the onion and fennel to the pan. Cover and cook for 15 minutes, stirring frequently.

Add the salt, chili powder, paprika, cumin and pepper. Cook for 1 minute, stirring constantly.

Add the tomatoes and 1/4 cup of vinegar to the pan. Reduce the heat to medium. Uncover and cook an additional 15 minutes or until the pork is tender, stirring frequently.

Combine the olive oil and two teaspoons of the vinegar in a medium bowl. Add the green and red cabbage. Toss gently to coat.

In a small bowl, combine the yogurt, mayonnaise and garlic. Spread about 1 1/2 teaspoons of the yogurt mixture onto each bun half. Top the bottom half of each bun with 1/4 cup of the fennel mixture, 1/4 cup of the cabbage mixture and the top half of the bun.

Per Serving (excluding unknown items): 176 Calories; 4g Fat (17.8% calories from fat); 6g Protein; 31g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 342mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 1 Vegetable; 1/2 Fat; 0 Other Carbohydrates.