

Lucky Pork and Beans (Slow Cooker)

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Servings: 8

*1 (four pound) boneless
Boston butt roast
1 teaspoon Kosher salt
1/2 teaspoon pepper
1 tablespoon olive oil
1 package (10 ounce)
frozen seasoning mix
(onions, peppers, celery,
parsley)
1 can (10 ounce) diced
tomatoes with green chilies,
undrained
1 can (15.8 ounce) black
eyed peas, undrained
12 ounces kale chopped
salad kit (kale, cabbage,
pepitas, dried cranberries,
poppy seed dressing)*

Preparation Time: 30 minutes

Bake Time: 4 hours

Preheat a large saute' pan on medium-high heat for 2 to 3 minutes. Season the pork with salt and pepper (wash hands). Place oil in the pan. Add the pork. Cook for 6 to 8 minutes, turning often, or until well browned. Remove the pork from the pan. Drain the fat, reserving one tablespoon in the pan.

Add the seasoning blend to the same pan. Cook and stir for 3 to 4 minutes or until tender. Stir in the tomatoes and cook for 1 minute.

Place the pork in a slow cooker. Add the vegetable mixture and peas over the pork. Cover.

Cook on HIGH for three to four hours (or LOW for seven to eight hours) until the pork is fork-tender and 195 degrees. Stir in the vegetables (from the salad kit) during the last 30 minutes of cook time.

Remove the pork from the slow cooker. Shred with two forks. Return to the slow cooker.

Serve the fruit and nut mixture (from the salad kit) over the pork and drizzle with dressing (from the salad kit).

Per Serving (excluding unknown items): 15 Calories; 2g Fat (97.4% calories from fat); trace Protein; trace Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 235mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Fat.