



In your box

10 oz. Corn Kernels
24 oz. Boneless Pork Shoulder Roast
1 Red Onion
15 ½ oz. Black Beans
1 oz. Seasoned Rice Wine Vinegar
¼ oz. Cilantro
4 oz. Red Salsa
15 oz. Crushed Tomatoes
2 oz. Queso Fresco
6 tsp. Chicken Demi-Glace

*Contains: milk

You will need

Salt, Pepper

Wire-Mesh Strainer, Slow Cooker,
Mixing Bowl

HOME CHEF
Fresh
AND EASY

Slow-Cooker

Pulled Pork and Black Bean Stew

with queso fresco and cilantro

NUTRITION per serving—Calories: 329, Carbohydrates: 33g, Fat: 7g, Protein: 35g, Sodium: 882mg.

Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.

*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Cook Time
LOW HEAT
6-8 Hrs

Cook Within
6 days

Difficulty Level
Easy

Spice Level
Not Spicy

👑 Before you cook

Take a minute to read through the recipe before you start—we promise it will be time well spent!

- If using fresh produce, thoroughly rinse and pat dry
- Please read and follow all instructions in your slow cooker manual. Cook with a lid for the entire recommended cooking time; make sure to check that meal is fully cooked before eating. Use oven mitts or a towel when handling lid or pot.
- These recipes were developed with a 6-quart slow cooker. If you are using a larger slow cooker, add water as needed.
- Ingredient(s) used more than once: **onion**



1

Prepare the Ingredients

- Drain and rinse **black beans** in a wire-mesh strainer. Set aside.
- Halve and peel **onion**. Slice halves into thin strips.
- Combine half the onion (reserve remaining for slow cooker), **rice vinegar**, and a pinch of **salt** and **pepper** in a mixing bowl. Set aside.
- Pat **pork roast** dry.



2

Cook the Meal

- Place **slow cooker liner** in slow cooker, if desired. Fold top edges in before putting on lid.
- Combine **pork roast**, **tomatoes**, **corn**, remaining **onion**, **demi-glace**, **salsa**, ½ tsp. **salt**, and a pinch of **pepper** in a clean slow cooker.
- Turn slow cooker on to low heat. Cover, and cook until pork is tender and reaches a minimum internal temperature of 145 degrees, 6-8 hours.



3

Shred the Pork

- When meal has 30 minutes left to cook, carefully remove **pork** from slow cooker to a plate or a bowl. Shred into bite-sized pieces.
- Stir shredded pork with any accumulated juices and **black beans** into slow cooker. Continue to cook, 30 minutes.



4

Finish the Dish

- Coarsely chop **cilantro** (no need to stem).
- Plate dish as pictured on front of card, garnishing stew with **pickled onion** (to taste), **cilantro**, and **cheese**. Bon appétit!