

Spicy Pork and Kale in a Crock Pot

1 1/2 pounds thick boneless pork loin chops
Sweet Hungarian paprika
Ground black pepper
1 large bunch of kale
2 pints homemade canned tomatoes and liquid, chopped, or two cans of diced low-sodium tomatoes, with liquid
2 tablespoons Balsamic vinegar
2 teaspoons lemon juice
1/4 teaspoon crushed red pepper flakes
Cooked brown or white rice, for serving

Season the pork generously with paprika and black pepper. Add to a 5 or 6 quart slow cooker. Tear the kale off the stems into bite-size pieces and add to the crock pot. For my homemade pints of tomatoes, I just used a knife to chop them up straight in the jar. Pour the chopped or canned diced tomatoes over all, the sprinkle the Balsamic vinegar, lemon juice and crushed red pepper flakes over the kale.

Cook on high 4 to 6 hours or on low 8 to 10 hours. When ready to serve, shred the pork with two forks in the crock pot and give it a good stir. Serve over cooked brown or white rice, with bread for sopping up the juices. Minimal ingredients, fuss-free, huge taste!