

Slow-Cooker Chili



Servings: 6

6 slices bacon, chopped
1 pound ground pork
1 onion, chopped
1 garlic clove, minced
2 tablespoons packed brown sugar
2 tablespoons molasses
1 can diced tomatoes (540-ml)
1 can kidney beans (398-ml)
1 can pork and beans (398-ml)
1/3 cup white vinegar
1 teaspoon dry mustard
1 teaspoon Worcestershire sauce
1/2 teaspoon chili powder
1/2 teaspoon salt
1/4 teaspoon black pepper
1/4 teaspoon hot sauce

In a large pan cook bacon over medium heat until crisp. Drain on paper towel and set aside.

To the same pan add ground pork, break up the ground pork with a wooden spoon and cook until no longer pink.

Add the bacon, ground pork, and the remaining ingredients to the slow-cooker.

Cover and cook on High for 5 hours or on Low for 10 hours.

Serve hot topped with cheddar cheese and sour cream.

Per Serving (excluding unknown items): 404 Calories; 15g Fat (32.0% calories from fat); 30g Protein; 40g Carbohydrate; 11g Dietary Fiber; 66mg Cholesterol; 666mg Sodium; 12g Total Sugars; trace Vitamin D; 109mg Calcium; 5mg Iron; 1072mg Potassium; 381mg Phosphorus. Exchanges: .