

# BARBECUED PORK STEAKS

## Ingredients

- 4 4-oz pork tenderloin chops, cut 1/2" thick
- 1 large onion, sliced
- 1 large green pepper, sliced
- 2 tomatoes, sliced
- 1 Tbsp. instant tapioca
- 1/2 cup low-sodium, low-fat barbecue sauce
- 1/4 cup red wine
- 1/2 tsp cumin

## Directions

1. Brown steaks in nonstick skillet
2. In slow cooker, arrange slices of onion, green pepper, and tomato
3. Sprinkle tapioca over vegetables
4. Place browned pork steaks on top of vegetables
5. In bowl, combine barbecue sauce, wine, and cumin
6. Pour over meat
7. Cover; cook 3 1/2-4 1/2 hours on low

Cooker: 5-qt

Serves 4

Source: *Fix-it and Forget-It Lightly* (Good)