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Cacao Pork with Black Beans, Corn, and Avocado

Pork is an overlooked lean protein, but this spicy cacao rub brings it back into the spotlight with bold, savory flavors. Paired with fresh corn, black beans, and cilantro, and balanced with the healthy richness of avocado, this pork dish will make you forget all about chicken.

Enjoy this dish by itself or toss the leftovers on top of mixed greens and drizzle with a fresh vinaigrette to add a spicy southwestern twist to your salad.

Prep time: 5 min Cook time: 20 min

Ingredients

- 1 pork tenderloin
- 2 cups canned black beans
- 1 yellow onion
- 1 jalapeno
- 1 tbsp olive oil
- 1 tbsp cumin
- 1 tbsp chili powder
- 2 tsp salt
- 2 tbsp tomato paste
- 3/4 cup vegetable broth
- 1/2 cup corn
- 1/4 cup chopped cilantro
- 1 large avocado
- salt to taste

Dry rub:

- 2 tbsp organic cacao powder
- Pinch of ground clove
- 2 tsp ground allspice
- 1 tbsp chili powder
- 1 tbsp salt

Directions

1. Preheat oven to 400 degrees F.
2. Combine the cacao, clove, allspice, chili powder, and salt to make the dry rub and coat the pork tenderloin.
3. In a hot iron skillet, sear the pork on all sides. Transfer the skillet to preheated oven and cook about 8 minutes. Pull the pork out of the oven and set aside to rest before slicing.
4. Finely chop the yellow onion. Remove the seeds, then finely chop the jalapeno.
5. In a saucepan, gently sweat the onion and jalapeno with a little olive oil. Add the remaining spices, salt, and tomato paste. After a few minutes, add the vegetable broth and beans. Bring this up to a boil, then reduce the heat to a simmer. Once warmed through, add the corn and cilantro to finish.
6. Cut the avocado in half and remove the seed. Scoop the flesh out and mash it up slightly with some salt.
7. Slice the pork tenderloin and place over the black bean and corn mixture with some mashed avocado on the side.

Note: For a vegan option, apply the cacao rub to tempeh instead of pork, searing it in a hot skillet before serving.

Serving size: 1/4 of recipe

Recipe yields 4 servings