



HEALTH SCORE

60%

Black Bean Chili with Chipotle Braised Pulled Pork



Gluten Free



Very Healthy

READY IN



240 min.

SERVINGS



12

CALORIES



619 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 chunks avocado optional
- ☐ 7 tablespoon chipotle chili powder
- ☐ 0.5 cup cilantro leaves minced
- ☐ 12 servings plenty of warm corn tortillas on the side
- ☐ 2 pound black beans dried rinsed
- ☐ 12 clove garlic minced peeled
- ☐ 1.5 tablespoon ground cumin

- ☐ 1 orange zest
- ☐ 3 teaspoon mexican oregano dried
- ☐ 3 pound pork butt boneless (shoulder)
- ☐ 12 servings queso fresca to taste
- ☐ 7 oz salsa verde canned
- ☐ 2 cup cup heavy whipping cream sour
- ☐ 4 tablespoon vegetable oil
- ☐ 16 cup water
- ☐ 1 cup onion white minced

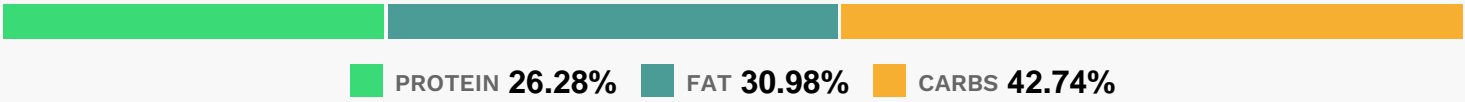
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Heat 2 tablespoons oil in heavy large pot over medium heat.
- ☐ Add chopped onions and garlic and cook until onions are translucent, stirring often, about 8 minutes.
- ☐ Add chili powder and ground cumin and stir 1 minute.
- ☐ Add 16 cups water, black beans, dried oregano, and orange zest. Bring mixture to boil; reduce heat to medium-low, cover with lid slightly ajar, and simmer until black beans are begin to get tender, about ½ hour.
- ☐ Cut the pork butt into several large, fist-sized, chunks. Season with salt and pepper.
- ☐ Heat remaining 2 tablespoons oil in heavy large skillet over high heat. Working in batches, add pork to skillet and cook until browned, about 7 minutes per batch.
- ☐ Mix the white onion, salsa verde and cilantro. Season to taste with salt and pepper. DO AHEAD: Can be made 2 days ahead. Cover and refrigerate.
- ☐ Serve with warm corn tortillas on the side. You may alternatively mix the shredded pork straight into the chili and serve it all mixed together.

Nutrition Facts



Properties

Glycemic Index:15.79, Glycemic Load:5.6, Inflammation Score:-10, Nutrition Score:40.802173718162%

Flavonoids

Petunidin: 11.65mg, Petunidin: 11.65mg, Petunidin: 11.65mg, Petunidin: 11.65mg Delphinidin: 13.99mg, Delphinidin: 13.99mg, Delphinidin: 13.99mg, Delphinidin: 13.99mg Malvidin: 8.02mg, Malvidin: 8.02mg, Malvidin: 8.02mg, Malvidin: 8.02mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.11mg, Quercetin: 3.11mg, Quercetin: 3.11mg, Quercetin: 3.11mg

Nutrients (% of daily need)

Calories: 619.02kcal (30.95%), Fat: 21.63g (33.27%), Saturated Fat: 7.5g (46.87%), Carbohydrates: 67.16g (22.39%), Net Carbohydrates: 51.46g (18.71%), Sugar: 5.21g (5.79%), Cholesterol: 91.41mg (30.47%), Sodium: 331.43mg (14.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.28g (82.56%), Vitamin B1: 1.38mg (91.76%), Folate: 345.23µg (86.31%), Phosphorus: 641.52mg (64.15%), Fiber: 15.69g (62.78%), Selenium: 38.92µg (55.61%), Manganese: 1.1mg (55.23%), Vitamin B6: 1.04mg (52.1%), Potassium: 1786mg (51.03%), Zinc: 7.4mg (49.32%), Magnesium: 193.48mg (48.37%), Copper: 0.92mg (46.1%), Vitamin B2: 0.72mg (42.53%), Iron: 7.09mg (39.41%), Vitamin B3: 7.53mg (37.66%), Vitamin A: 1813.58IU (36.27%), Vitamin B5: 2.7mg (27.04%), Vitamin K: 23.42µg (22.3%), Calcium: 222.62mg (22.26%), Vitamin E: 2.94mg (19.62%), Vitamin B12: 1.11µg (18.54%), Vitamin C: 4.55mg (5.52%), Vitamin D: 0.68µg (4.54%)