



HEALTH SCORE

53%

Black Bean Chili with Crispy Pork and Poblano Salsa



Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



691 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons chipotles in adobo canned minced
- ☐ 7 tablespoons chili powder
- ☐ 4 teaspoons cumin seeds toasted
- ☐ 1.5 pounds black beans dried rinsed
- ☐ 5.5 cups cilantro leaves fresh chopped
- ☐ 12 garlic clove chopped
- ☐ 1.5 tablespoons ground cumin

- ☐ 0.5 cup chicken broth
- ☐ 2 tablespoons olive oil
- ☐ 2 large onion chopped ()
- ☐ 1.5 teaspoons orange zest finely grated
- ☐ 2.5 teaspoons oregano dried (preferably Mexican)
- ☐ 10 servings monterrey jack cheese hot grated
- ☐ 6 poblano pepper fresh
- ☐ 3 pounds pork ribs boneless country-style cut into 3/4-inch cubes
- ☐ 7 ounce salsa verde canned
- ☐ 2 cups cream sour
- ☐ 14 cups water ()
- ☐ 1 cup onion white finely chopped

Equipment

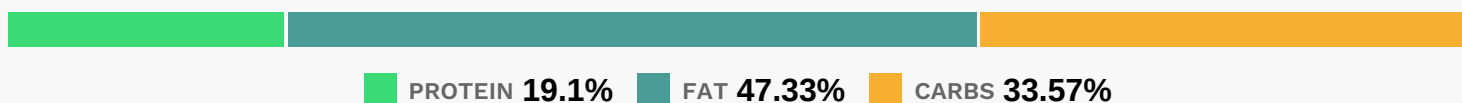
- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ plastic wrap
- ☐ potato masher
- ☐ broiler

Directions

- ☐ Heat olive 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 14 cups water, black beans, dried oregano, and grated orange peel. Bring mixture to boil; reduce heat to medium-low, cover with lid slightly ajar, and simmer until black beans are tender, about 2 hours.

- ☐ Add chipotle chiles and season chili to taste with salt. Simmer until black beans are creamy, mashing coarsely with potato masher to desired consistency, adding more water by 1/2 cupfuls if too thick, and stirring frequently, about 30 minutes longer. Season chili to taste with more salt. DO AHEAD: Chili can be made 3 days ahead. Refrigerate uncovered until cold, then cover and keep chilled.
- ☐ Char poblano chiles over gas flame or in broiler until blackened on all sides.
- ☐ Place in large bowl, cover with plastic wrap, and let stand until cool enough to handle, about 20 minutes. Peel, seed, and chop chiles.
- ☐ Place chiles in medium bowl.
- ☐ Add onion and salsa verde. Season to taste with salt and pepper. DO AHEAD: Can be made 2 days ahead. Cover and refrigerate.
- ☐ Stir sour cream and minced chipotle chiles in medium bowl. Cover and refrigerate.
- ☐ Heat oil in heavy large skillet over high heat.
- ☐ Sprinkle pork ribs with salt and pepper. Working in batches, add pork ribs to skillet and cook until browned, about 7 minutes per batch.
- ☐ Transfer pork ribs to medium bowl. Return all pork ribs and any juices to skillet.
- ☐ Add chicken broth, cover, and reduce heat to low. Cook until pork is tender, stirring occasionally, about 40 minutes.
- ☐ Transfer to another medium bowl.
- ☐ Meanwhile, rewarm chili. Stir cilantro and cumin seeds into salsa.
- ☐ Divide chili among bowls. Top with pork, salsa, chipotle crema, and cheese.
- ☐ New Mexico chili powder can be found at specialty foods stores and at Latin markets. Canned chipotle chiles in adobo and fresh poblano chiles (sometimes called pasilla chiles) can be found at some supermarkets and at specialty foods stores and Latin markets.
- ☐ This is a great party recipe because the beans actually taste even better if they're made a day or two ahead. (It gives the flavors a chance to truly meld.) Then all you'll really have to do on the day of the event is cook the pork and rewarm the beans.

Nutrition Facts



Properties

Glycemic Index:16.8, Glycemic Load:1.56, Inflammation Score:-10, Nutrition Score:42.306087265844%

Flavonoids

Petunidin: 10.48mg, Petunidin: 10.48mg, Petunidin: 10.48mg, Petunidin: 10.48mg Delphinidin: 12.59mg, Delphinidin: 12.59mg, Delphinidin: 12.59mg, Delphinidin: 12.59mg Malvidin: 7.22mg, Malvidin: 7.22mg, Malvidin: 7.22mg, Malvidin: 7.22mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 3.38mg, Luteolin: 3.38mg, Luteolin: 3.38mg, Luteolin: 3.38mg Isorhamnetin: 2.3mg, Isorhamnetin: 2.3mg, Isorhamnetin: 2.3mg, Isorhamnetin: 2.3mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 15.63mg, Quercetin: 15.63mg, Quercetin: 15.63mg, Quercetin: 15.63mg

Nutrients (% of daily need)

Calories: 691.16kcal (34.56%), Fat: 37.09g (57.07%), Saturated Fat: 12.9g (80.64%), Carbohydrates: 59.19g (19.73%), Net Carbohydrates: 43.86g (15.95%), Sugar: 8.58g (9.53%), Cholesterol: 104.23mg (34.74%), Sodium: 367.14mg (15.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.68g (67.36%), Folate: 329.49µg (82.37%), Vitamin C: 66.07mg (80.08%), Vitamin B1: 1.03mg (68.43%), Fiber: 15.34g (61.34%), Vitamin A: 2980.92IU (59.62%), Vitamin B6: 1.17mg (58.27%), Manganese: 1.16mg (57.84%), Potassium: 1747.23mg (49.92%), Phosphorus: 480.18mg (48.02%), Vitamin K: 48.14µg (45.85%), Copper: 0.89mg (44.29%), Magnesium: 170.8mg (42.7%), Iron: 7.23mg (40.14%), Selenium: 27.06µg (38.65%), Zinc: 5.68mg (37.9%), Vitamin B3: 7.25mg (36.24%), Vitamin B2: 0.57mg (33.34%), Vitamin E: 3.86mg (25.71%), Calcium: 235.24mg (23.52%), Vitamin B5: 1.62mg (16.18%), Vitamin D: 2.2µg (14.65%), Vitamin B12: 0.48µg (7.98%)