



Braised Pork Sandwich with Spicy Tomato Broth (Tortas Ahogadas)

 Dairy Free

READY IN



135 min.

SERVINGS



6

CALORIES



662 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bay leaves
- 3 peppercorns whole black
- 3 cups chicken broth organic
- 1 chile de árbol dried stemmed
- 2 cloves garlic
- 2 cloves garlic unpeeled
- 0.5 teaspoon oregano dried crumbled

- 15 ounce refried pinto beans organic canned
- 2 pounds pork butt boneless trimmed cut into 2-inch cubes
- 6 roma tomatoes cored
- 6 servings salt and pepper black freshly ground
- 6 bolillo rolls* or cut into 6 pieces
- 2 tablespoons vegetable oil
- 6 tablespoons vegetable shortening
- 1 medium onion white quartered
- 1 small onion white cooked peeled quartered

Equipment

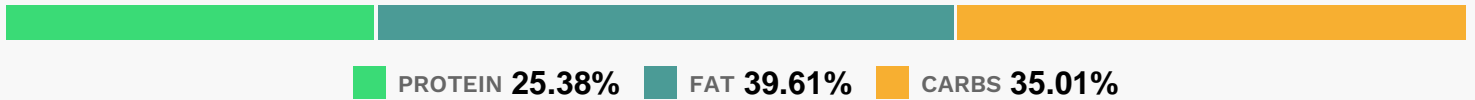
- bowl
- frying pan
- sauce pan
- blender
- microwave
- cutting board

Directions

- In a large, heavy skillet, heat the vegetable shortening over medium-high heat.
- Sprinkle the pork all over with salt and pepper. Sear the meat on all sides until golden brown, about 5 minutes per side.
- Carefully add 3 cups water, the garlic, peppercorns, bay leaf and onion. Bring to a boil over medium-high heat. Cover, reduce the heat to medium-low and simmer until the meat is tender, about 25 minutes. Uncover and continue to cook until the liquid completely evaporates and the pork meat is browned, about 30 minutes.
- Meanwhile, warm the refried beans in the microwave or in a saucepan over low heat.
- Transfer the meat to a cutting board. Discard the garlic, peppercorns, bay leaf and onion. Thinly slice the pieces of pork.

- Cut each bolillo in half lengthwise, spread 2 tablespoons of refried beans on each bottom half and top with 1/4 cup pork.
- Put the other bolillo half on top.
- Serve in shallow bowls and drench each torta with the warm Spicy Tomato Broth.
- Combine the tomatoes, garlic, onions, oregano and chile in a blender and process until smooth.
- Heat the vegetable oil in a medium, heavy saucepan over medium-high heat.
- Transfer the tomato mixture to medium, heavy saucepan and add the chicken broth. Bring to a boil. Reduce the heat and simmer until bright red, about 10 minutes. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:52.92, Glycemic Load:27.29, Inflammation Score:-8, Nutrition Score:31.942608584528%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 6.48mg, Quercetin: 6.48mg, Quercetin: 6.48mg, Quercetin: 6.48mg

Nutrients (% of daily need)

Calories: 661.78kcal (33.09%), Fat: 29.06g (44.71%), Saturated Fat: 7.06g (44.14%), Carbohydrates: 57.79g (19.26%), Net Carbohydrates: 48.91g (17.78%), Sugar: 8.04g (8.94%), Cholesterol: 93.07mg (31.02%), Sodium: 832.74mg (36.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.9g (83.8%), Iron: 14.4mg (79.99%), Vitamin B1: 1.05mg (69.93%), Selenium: 47.95µg (68.51%), Vitamin B6: 1.06mg (53.2%), Phosphorus: 441.6mg (44.16%), Vitamin B2: 0.72mg (42.25%), Zinc: 6.05mg (40.3%), Vitamin B3: 7.55mg (37.75%), Fiber: 8.88g (35.52%), Folate: 137.49µg (34.37%), Potassium: 1047.31mg (29.92%), Manganese: 0.57mg (28.42%), Vitamin B5: 2.72mg (27.24%), Vitamin B12: 1.4µg (23.32%), Vitamin K: 24.05µg (22.91%), Magnesium: 81.02mg (20.25%), Copper: 0.38mg (19.23%), Vitamin E: 2.61mg (17.39%), Vitamin C: 11.95mg (14.49%), Vitamin A: 547.38IU (10.95%), Calcium: 85.35mg (8.53%), Vitamin D: 0.91µg (6.05%)