



WHATSheATE



HEALTH SCORE

57%

## Chile Verde



Dairy Free



Popular

READY IN



180 min.

SERVINGS



8

CALORIES



444 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1.5 pounds tomatillos
- ☐ 5 garlic cloves peeled
- ☐ 2 jalapeños chopped
- ☐ 2 poblano chiles
- ☐ 1 bunch cilantro leaves cleaned chopped
- ☐ 3.5 pounds boston butt pork shoulder trimmed cut into 1 to 2-inch cubes (also called pork butt)
- ☐ 8 servings salt
- ☐ 8 servings pepper black freshly ground

- ☐ 8 servings olive oil extra virgin
- ☐ 2 onions yellow chopped
- ☐ 3 garlic cloves peeled finely chopped
- ☐ 2 tablespoons oregano dried fresh chopped
- ☐ 2.5 cups chicken stock see
- ☐ 1 pinch ground cloves
- ☐ 8 servings corn tortillas
- ☐ 8 servings rice spanish

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ pot
- ☐ blender
- ☐ aluminum foil
- ☐ broiler
- ☐ slotted spoon
- ☐ tongs

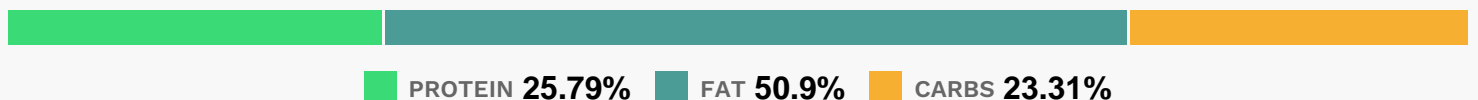
## Directions

- ☐ Remove papery husks from tomatillos and rinse well.
- ☐ Cut in half and place cut side down, along with 5 unpeeled garlic cloves, on a foil-lined baking sheet.
- ☐ Place under a broiler for about 5–7 minutes to lightly blacken the skin.
- ☐ Remove from oven, let cool enough to handle.
- ☐ If you want the additional flavor of chilies other than jalapenos, you can add a couple Anaheim or poblano chiles. Either use canned green chiles or roast fresh chilies over a gas flame or

under the broiler until blackened all around.

- ☐ Let cool in a bag, remove the skin, seeds, and stem.
- ☐ Place tomatillos, skins included, into blender.
- ☐ Remove the now roasted garlic cloves from their skins, add them to the blender.
- ☐ Add chopped Jalapeño peppers, other chilies (if you are using them), and cilantro to the blender. Pulse until all ingredients are finely chopped and mixed.
- ☐ Sear pork on all sides: Season the pork cubes generously with salt and pepper.
- ☐ Heat olive oil in a large, heavy-bottomed skillet over medium high heat and brown pork chunks well on all sides.
- ☐ Work in batches so that the pork is not crowded in the pan and has a better chance to brown well. Using a slotted spoon or tongs, lift pork out of pan and place in bowl, set aside.
- ☐ Sauté onions and garlic:
- ☐ Pour off excess fat, anything beyond a tablespoon, and place the onions and garlic in the same skillet and cook, stirring occasionally until limp, about 5 minutes.
- ☐ Add pork, oregano, tomatillo sauce, stock, ground cloves: If your skillet is large enough to cook the entire batch of chile verde, with the sauce and meat, then add the pork back to the pan. If not, get a large soup pot and add the onion mixture and the pork to it.
- ☐ Add the oregano to the pan.
- ☐ Add the tomatillo chile verde sauce to the pork and onions.
- ☐ Add the chicken stock (enough to cover the meat).
- ☐ Add a pinch of ground cloves.
- ☐ Add a little salt and pepper. (Not too much as the chile verde will continue to cook down and concentrate a bit.)
- ☐ Simmer 2–3 hours: Bring to a boil and reduce to a slight simmer. Cook for 2–3 hours uncovered or until the pork is fork tender.
- ☐ Adjust the seasoning to taste with salt and pepper.
- ☐ Serve with Spanish rice and warmed flour tortillas or freshly made corn tortillas.

## Nutrition Facts



## Properties

Glycemic Index:31.06, Glycemic Load:6.04, Inflammation Score:-9, Nutrition Score:26.075217703114%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 1.47mg, Luteolin: 1.47mg, Luteolin: 1.47mg, Luteolin: 1.47mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 7mg, Quercetin: 7mg, Quercetin: 7mg, Quercetin: 7mg

## Nutrients (% of daily need)

Calories: 443.71kcal (22.19%), Fat: 25.34g (38.98%), Saturated Fat: 5.46g (34.12%), Carbohydrates: 26.11g (8.7%), Net Carbohydrates: 21.11g (7.67%), Sugar: 6.91g (7.68%), Cholesterol: 83.36mg (27.79%), Sodium: 420.11mg (18.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.89g (57.77%), Vitamin B1: 1.21mg (80.43%), Selenium: 40.35µg (57.65%), Vitamin C: 42.41mg (51.4%), Vitamin B3: 8.71mg (43.53%), Vitamin B6: 0.82mg (41.08%), Phosphorus: 402.97mg (40.3%), Vitamin B2: 0.52mg (30.78%), Zinc: 4.61mg (30.73%), Vitamin K: 31.26µg (29.77%), Potassium: 907.8mg (25.94%), Manganese: 0.45mg (22.5%), Fiber: 5.01g (20.03%), Vitamin E: 2.94mg (19.61%), Magnesium: 75.36mg (18.84%), Iron: 3.3mg (18.35%), Vitamin B12: 1.02µg (16.95%), Copper: 0.32mg (15.98%), Vitamin B5: 1.27mg (12.68%), Calcium: 83.07mg (8.31%), Folate: 31.51µg (7.88%), Vitamin A: 349.61IU (6.99%)