



Green Chile and Tomatillo Pork Stew

 **Gluten Free**

READY IN



45 min.

SERVINGS



6

CALORIES



492 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 tomatillos husked quartered
- 3 jalapeno split
- 2 cups chicken stock see plus more if needed
- 3 tablespoons grapeseed oil
- 1 boston butt pork shoulder fresh (depending how many you want to feed or how much you want to have left over)
- 3 medium onion white peeled quartered
- 4 garlic clove peeled
- 3 tablespoons cumin

- 1 tablespoon salt
- 1 serving pepper black freshly ground
- 1 bunch cilantro leaves fresh divided
- 1 cup pumpkin seeds salted toasted
- 1 queso fresco crumbled
- 1 bottle hot sauce
- 1 serving corn tortillas warmed
- 1 serving corn tortillas warmed

Equipment

- food processor
- frying pan
- sauce pan
- oven
- pot
- dutch oven

Directions

- Preheat oven to 325 degrees Fahrenheit.
- Combine tomatillos, jalapenos, and 1/4 cup of chicken stock in a saucepan. Bring to a simmer over medium heat and cook until the tomatillo begins to break down and get soft.
- Remove from heat.
- Heat a large, oven-safe Dutch oven over medium-high heat and add grape seed oil.
- Add pork to hot pan and brown well on all sides.
- Remove pork from pan and pour off most of the oil and fat. Reserve some fat in pan.
- Add tomatillo, jalapeno, onion, and garlic to food processor and puree until smooth. Return pork pan to medium heat and add puree to the reserved fat in pan.
- Add cumin and salt, and heat through.
- Add the rest of chicken stock into pot with puree and stir to combine.

- Nestle pork back into the pot of puree and stock. The pork should be covered about 3/4 of the way.
- Add more stock if needed. Cover and put in preheated oven for about 3–4 hours, until pork is tender and falling apart. Turn the pork at least once halfway through the cook time. Using two forks, shred the pork a bit and mix it through the sauce to get the flavor incorporated into all the pork. Taste and add salt and pepper if needed.
- Serve pork stew right out of the pot and top with garnishes (cilantro, queso fresco, pepitas, and hot sauce).
- Serve heated corn tortillas on the side for dipping and scooping.

Nutrition Facts

PROTEIN 35.25%

FAT 50.6%

CARBS 14.15%

Properties

Glycemic Index:53.83, Glycemic Load:3.19, Inflammation Score:-7, Nutrition Score:31.820000535687%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 12.26mg, Quercetin: 12.26mg, Quercetin: 12.26mg, Quercetin: 12.26mg

Nutrients (% of daily need)

Calories: 492.15kcal (24.61%), Fat: 27.76g (42.71%), Saturated Fat: 6.59g (41.21%), Carbohydrates: 17.47g (5.82%), Net Carbohydrates: 14.1g (5.13%), Sugar: 5.55g (6.17%), Cholesterol: 126.08mg (42.03%), Sodium: 1436.35mg (62.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.51g (87.01%), Vitamin B1: 1.76mg (117.5%), Selenium: 58.66µg (83.8%), Phosphorus: 603.25mg (60.33%), Vitamin B3: 10.76mg (53.8%), Vitamin B6: 1mg (50.15%), Zinc: 7.21mg (48.06%), Vitamin B2: 0.72mg (42.08%), Manganese: 0.81mg (40.45%), Magnesium: 136.6mg (34.15%), Iron: 5.87mg (32.61%), Potassium: 1073.6mg (30.67%), Vitamin B12: 1.55µg (25.87%), Vitamin C: 19.53mg (23.67%), Copper: 0.47mg (23.32%), Vitamin E: 2.82mg (18.82%), Vitamin B5: 1.77mg (17.67%), Fiber: 3.36g (13.45%), Vitamin K: 10.25µg (9.76%), Calcium: 90.21mg (9.02%), Folate: 35.77µg (8.94%), Vitamin A: 260.62IU (5.21%)