



Green Chile Chili Starter



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



100

CALORIES



14 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 large carrots chopped
- ☐ 10 garlic cloves smashed
- ☐ 2 tablespoons ground cumin
- ☐ 0.5 teaspoon ground pepper red
- ☐ 31 oz hominy white drained canned
- ☐ 2 teaspoons kosher salt
- ☐ 2 tablespoons olive oil
- ☐ 2 teaspoons oregano dried

- ☐ 4 poblano peppers seeded chopped
- ☐ 16 oz salsa verde
- ☐ 1 medium size onion white chopped

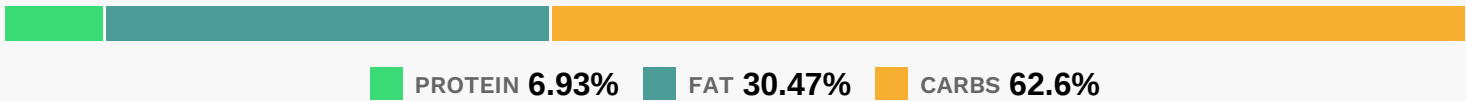
Equipment

- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ Saut poblano peppers, smashed garlic cloves, carrots, and onion in olive oil in a large skillet over medium heat 4 to 5 minutes or until tender.
- ☐ Remove from heat, and stir in hominy and salsa verde. Stir in kosher salt, cumin, oregano, and ground red pepper. Spoon into 2 (1-qt.) jars. Store in refrigerator up to 1 week.
- ☐ Place 12 skinned and boned chicken thighs in a 5-qt. slow cooker.
- ☐ Add 2 jars of chili starter over chicken; cover and cook on LOW 6 to 7 hours or until chicken is done. Skim fat.
- ☐ Serve with Mexican crema and cilantro. Makes 6 to 8 servings. Hands-on 5 min.; Total 6 hours, 30 min., including starter
- ☐ PACKAGE CHILI STARTER IN: Weck 7-oz. Glass Jar (\$50; westelm.com)

Nutrition Facts



Properties

Glycemic Index:1.56, Glycemic Load:0.11, Inflammation Score:-3, Nutrition Score:1.0065217387417%

Flavonoids

Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 13.95kcal (0.7%), Fat: 0.47g (0.73%), Saturated Fat: 0.06g (0.35%), Carbohydrates: 2.18g (0.73%), Net Carbohydrates: 1.79g (0.65%), Sugar: 0.68g (0.76%), Cholesterol: 0mg (0%), Sodium: 110.89mg (4.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.24g (0.48%), Vitamin A: 293.03IU (5.86%), Vitamin C: 4.28mg (5.18%), Fiber: 0.4g (1.59%), Manganese: 0.03mg (1.34%)