



Mexican Green Chile Stew



Gluten Free



Dairy Free

READY IN



215 min.

SERVINGS



8

CALORIES



331 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 pounds beef chuck cut into 1-inch cubes
- ☐ 28.8 ounce tomatoes whole peeled canned
- ☐ 1 cup cooking wine dry red
- ☐ 0.3 cup parsley fresh chopped
- ☐ 1 clove garlic minced
- ☐ 1 bell pepper green seeded chopped
- ☐ 7 ounce chilies green chopped canned
- ☐ 0.3 teaspoon ground cloves

- ☐ 0.3 teaspoon ground cumin
- ☐ 3 tablespoons olive oil
- ☐ 1.5 pounds boston butt pork shoulder cut into 1-inch chunks
- ☐ 8 servings salt to taste
- ☐ 0.5 teaspoon sugar white

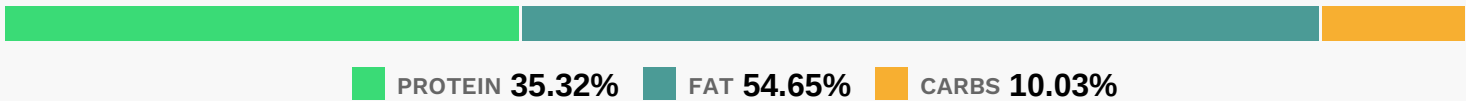
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ Heat the olive oil in a large skillet over medium heat. Cook and stir the beef and pork until evenly browned on all sides.
- ☐ Remove the meat using a slotted spoon and place in a bowl, then set aside. Cook and stir the bell pepper and garlic in the same skillet until tender.
- ☐ Remove from heat.
- ☐ Combine the tomatoes, green chiles, parsley, sugar, clove, cumin, and red wine in a large pot, breaking up the tomatoes using a spoon. Bring to a boil, then reduce heat to a simmer. Stir in the browned beef and pork along with their juice, then add the cooked green pepper and garlic. Cover and continue to cook over low heat for 2 hours, stirring occasionally.
- ☐ Remove lid and allow to simmer until sauce is reduced, about 45 minutes.

Nutrition Facts



Properties

Glycemic Index:18.39, Glycemic Load:0.28, Inflammation Score:-6, Nutrition Score:21.919130379739%

Flavonoids

Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

Nutrients (% of daily need)

Calories: 331.03kcal (16.55%), Fat: 18.92g (29.11%), Saturated Fat: 6.33g (39.55%), Carbohydrates: 7.81g (2.6%), Net Carbohydrates: 5.6g (2.04%), Sugar: 3.89g (4.32%), Cholesterol: 93.44mg (31.15%), Sodium: 532.95mg (23.17%), Alcohol: 3.15g (100%), Alcohol %: 1.26% (100%), Protein: 27.51g (55.03%), Zinc: 8.22mg (54.82%), Vitamin K: 49.6µg (47.23%), Selenium: 32.99µg (47.13%), Vitamin B12: 2.76µg (45.96%), Vitamin B1: 0.57mg (38.17%), Vitamin B6: 0.7mg (34.75%), Vitamin C: 28.29mg (34.29%), Vitamin B3: 6.73mg (33.66%), Phosphorus: 290.31mg (29.03%), Vitamin B2: 0.35mg (20.57%), Iron: 3.68mg (20.47%), Potassium: 694.38mg (19.84%), Vitamin E: 1.69mg (11.29%), Vitamin B5: 1.1mg (10.96%), Magnesium: 41.51mg (10.38%), Copper: 0.19mg (9.41%), Fiber: 2.21g (8.84%), Manganese: 0.16mg (8.1%), Vitamin A: 400.14IU (8%), Calcium: 60.13mg (6.01%), Folate: 18.63µg (4.66%)