



Mr. Bill's New Mexico Buffalo Chili

 Dairy Free

READY IN



695 min.

SERVINGS



15

CALORIES



356 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 slices hickory-smoked bacon diced
- ☐ 30 ounce tomatoes diced with green chile peppers such as ro*tel®, undrained canned
- ☐ 2 teaspoons cayenne pepper
- ☐ 2 teaspoons new mexico chile powder
- ☐ 1 tablespoon chili powder hot
- ☐ 2 pounds chorizo sausage chopped
- ☐ 12 fluid ounce beer dark or as needed
- ☐ 1 teaspoon basil dried

- ☐ 1 teaspoon marjoram dried
- ☐ 7 cloves garlic minced
- ☐ 1 teaspoon garlic powder
- ☐ 8 ounce chiles diced green Ortega® canned such as Chiles
- ☐ 2 teaspoons ground cumin
- ☐ 1 teaspoon ground pepper black
- ☐ 4 jalapeño peppers seeded chopped
- ☐ 1 teaspoon Mexican oregano dried
- ☐ 2 habanero peppers seeded chopped
- ☐ 16 ounce picante sauce Pace® such as Picante Sauce
- ☐ 15.5 ounce salsa El Pato® canned such as Salsa de Chile Fresco
- ☐ 2 teaspoons hickory salt smoked
- ☐ 2 pounds pork stew meat cubed
- ☐ 2 pounds buffalo stew meat cubed
- ☐ 3 onions sweet coarsely chopped
- ☐ 6 ounce tomato paste canned
- ☐ 1 teaspoon cocoa powder unsweetened
- ☐ 1 tablespoon lard as needed
- ☐ 1 tablespoon lard as needed

Equipment

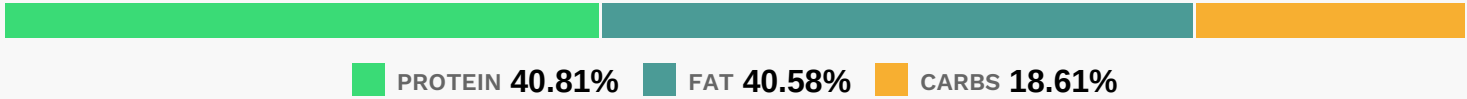
- ☐ frying pan
- ☐ whisk
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ Whisk together the cocoa powder, Mexican oregano, basil, marjoram, cumin, hot chili powder, garlic powder, hickory salt, black pepper, and cayenne pepper.

- ☐ Combine the seasoning mix with the buffalo meat, chorizo, and pork; cover and refrigerate overnight.
- ☐ Heat a heavy skillet over medium heat, and fry the bacon until crisp.
- ☐ Remove the bacon with a slotted spoon to a large, heavy pot. In the same skillet, cook and stir the onion, habanero peppers, jalapeno peppers, garlic, and New Mexico chile powder in the bacon grease until onions are translucent; add the onion mixture to the pot.
- ☐ In the same skillet, fry the seasoned meat in small batches until well browned, adding lard as needed; remove the meats to the pot. Stir the diced tomatoes with green chiles, salsa, tomato paste, picante sauce, diced green chiles, and dark beer into the pot. Simmer until the meat is easily pierced with a fork, 2 to 3 hours. If the chili seems too dry, add dark beer as needed.

Nutrition Facts



Properties

Glycemic Index:15.3, Glycemic Load:0.85, Inflammation Score:-8, Nutrition Score:23.982608839869%

Flavonoids

Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg Myricetin: 0.8mg, Myricetin: 0.8mg, Myricetin: 0.8mg, Myricetin: 0.8mg Quercetin: 10.47mg, Quercetin: 10.47mg, Quercetin: 10.47mg, Quercetin: 10.47mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 356.28kcal (17.81%), Fat: 15.69g (24.14%), Saturated Fat: 7.41g (46.31%), Carbohydrates: 16.18g (5.39%), Net Carbohydrates: 12.53g (4.56%), Sugar: 8.09g (8.99%), Cholesterol: 119.6mg (39.87%), Sodium: 965.41mg (41.97%), Alcohol: 0.92g (100%), Alcohol %: 0.27% (100%), Protein: 35.5g (71%), Vitamin B6: 1.2mg (59.83%), Vitamin C: 44.63mg (54.09%), Selenium: 35.76µg (51.09%), Vitamin B3: 10.08mg (50.4%), Vitamin B12: 2.26µg (37.62%), Zinc: 5.51mg (36.77%), Phosphorus: 333.31mg (33.33%), Iron: 5.06mg (28.12%), Potassium: 891.09mg (25.46%), Vitamin A: 1156.7IU (23.13%), Vitamin B2: 0.3mg (17.49%), Manganese: 0.31mg (15.56%), Magnesium: 61.45mg (15.36%), Vitamin E: 2.26mg (15.09%), Vitamin B1: 0.22mg (14.97%), Copper: 0.29mg (14.61%), Fiber: 3.65g (14.6%), Folate: 52.77µg (13.19%), Vitamin K: 11.59µg (11.04%), Calcium: 107.92mg (10.79%), Vitamin B5: 0.9mg (8.98%)