



Pork and Poblano Stew

 Gluten Free

READY IN



150 min.

SERVINGS



8

CALORIES



310 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 pound pepper flakes
- 1 tablespoon olive oil extra virgin
- 2.5 pounds boston butt pork shoulder trimmed cut into 1 to 2 inch pieces
- 8 servings salt
- 2 cups onion chopped
- 1 teaspoon cumin
- 3 garlic clove minced
- 1 chipotle sauce minced

- 1 tablespoon oregano dried
- 1 quart chicken stock see gluten-free for option (use stock)
- 1.5 cups corn fresh frozen (no need to defrost if)
- 0.5 pound sweet potatoes and into diced peeled ()
- 8 servings cream sour
- 8 servings cilantro leaves
- 8 servings pumpkin seeds shelled toasted (pepitas)

Equipment

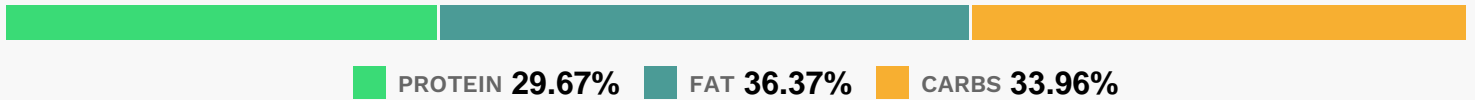
- bowl
- frying pan
- paper towels
- kitchen towels
- dutch oven

Directions

- Char, peel, and chop the poblano chiles: Char the chile peppers on all sides, directly over a gas flame, or broil, turning every minute or so until the chiles are blackened on all sides.
- Place in a bowl and cover with a clean dish towel.
- Let sit for 10 minutes or so, then rub off the blackened charred skin.
- Cut away and discard the stem, seeds, and internal veins. Roughly chop the chiles into 1 to 2 inch pieces. Set aside.
- Heat the vegetable oil in a large Dutch oven on medium high heat. Pat dry the pork pieces with a paper towel and brown them, working in batches as to not crowd the pan.
- Sprinkle salt generously over the pork while they brown.
- Remove the pork from the pan and set aside.
- Add the chopped onion and cumin to the pan and cook about 5 minutes, until translucent.
- Scrape up any browned bits from the bottom of the pan while the onions cook.
- Add garlic and cook for a minute more.

- Add the chipotle, poblanos, pork, chicken stock and oregano, simmer:
- Add the chopped chipotle to the onions and garlic. Return the browned pork to the pan.
- Add the chopped poblano chiles to the pan.
- Add the chicken stock and oregano. Bring to a boil, reduce to a simmer, cover and let cook for 1 hour.
- Add sweet potato, corn: After an hour, add the diced sweet potato and corn to the stew. Cook for another half hour to 45 minutes, until the pork is tender and the sweet potatoes are cooked through.
- To serve, spoon out the stew into bowls. Swirl in a spoonful of sour cream to each bowl. Top with chopped fresh cilantro and toasted shelled pumpkin seeds.

Nutrition Facts



Properties

Glycemic Index:26.5, Glycemic Load:5.16, Inflammation Score:-10, Nutrition Score:26.099565277929%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.2mg, Quercetin: 8.2mg, Quercetin: 8.2mg, Quercetin: 8.2mg

Nutrients (% of daily need)

Calories: 310.26kcal (15.51%), Fat: 12.77g (19.65%), Saturated Fat: 4.16g (26%), Carbohydrates: 26.83g (8.94%), Net Carbohydrates: 23.16g (8.42%), Sugar: 7.83g (8.7%), Cholesterol: 68.56mg (22.85%), Sodium: 456.62mg (19.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.44g (46.87%), Vitamin A: 4533.13IU (90.66%), Vitamin C: 68.44mg (82.96%), Vitamin B1: 0.92mg (61.26%), Selenium: 29.68µg (42.4%), Vitamin B6: 0.84mg (41.84%), Vitamin B3: 6.93mg (34.65%), Phosphorus: 302.12mg (30.21%), Vitamin B2: 0.49mg (28.89%), Potassium: 841.41mg (24.04%), Zinc: 3.52mg (23.48%), Manganese: 0.37mg (18.48%), Magnesium: 63.69mg (15.92%), Iron: 2.73mg (15.19%), Copper: 0.3mg (15.11%), Fiber: 3.66g (14.65%), Vitamin B12: 0.75µg (12.53%), Vitamin B5: 1.22mg (12.24%), Vitamin K: 12.4µg (11.8%), Folate: 46.01µg (11.5%), Calcium: 67.68mg (6.77%), Vitamin E: 0.86mg (5.71%)