



Pork-and-Pumpkin Chili

READY IN



100 min.

SERVINGS



8

CALORIES



377 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 pounds boston butt pork shoulder boneless trimmed cut into 1/2-inch cubes
- ☐ 0.3 cup chili powder plus more for sprinkling
- ☐ 2 to 3 chipotle peppers in adobo sauce finely chopped
- ☐ 4 cloves garlic finely chopped
- ☐ 8 servings kosher salt
- ☐ 12 ounce mexican lager
- ☐ 8 servings lime wedges for serving
- ☐ 1 bunch mustard greens roughly chopped
- ☐ 3 teaspoons oregano dried

- ☐ 1 poblano pepper seeded chopped
- ☐ 1.8 cups can pumpkin pure canned
- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 2 medium tomatoes roughly chopped
- ☐ 0.3 cup vegetable oil
- ☐ 2 medium onions diced white

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ pot

Directions

- ☐ Combine the pork, beer, 3 cups water and 2 teaspoons salt in a large pot and bring to a simmer over medium heat, skimming the foam off the surface.
- ☐ Add the chipotles and 1 1/2 teaspoons oregano, cover and cook about 30 minutes.
- ☐ Mix 3 tablespoons pumpkin, the sour cream and salt to taste in a bowl; cover and chill.
- ☐ Heat the vegetable oil in a skillet over medium heat.
- ☐ Add the tomatoes, poblano, onions and 2 teaspoons salt; cook until soft, 15 minutes.
- ☐ Add the remaining 1 1/2 teaspoons oregano, the chili powder and garlic; cook 5 minutes.
- ☐ Add the remaining pumpkin and cook 5 minutes.
- ☐ Add the tomato mixture to the pork and simmer until the meat is tender, about 30 minutes.
- ☐ Add the greens and cook 10 more minutes. Season with salt. Ladle the chili into bowls; top with the pumpkin cream and more chili powder.
- ☐ Serve with lime wedges.
- ☐ Photograph by Andrew Mccaul

Nutrition Facts



 **PROTEIN 44.52%**  **FAT 40.6%**  **CARBS 14.88%**

Properties

Glycemic Index:35.81, Glycemic Load:2.81, Inflammation Score:-10, Nutrition Score:34.524347554082%

Flavonoids

Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Luteolin: 1.12mg, Luteolin: 1.12mg, Luteolin: 1.12mg, Luteolin: 1.12mg Isorhamnetin: 1.4mg, Isorhamnetin: 1.4mg, Isorhamnetin: 1.4mg, Isorhamnetin: 1.4mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 6.14mg, Quercetin: 6.14mg, Quercetin: 6.14mg, Quercetin: 6.14mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 377.01kcal (18.85%), Fat: 16.62g (25.57%), Saturated Fat: 4.55g (28.47%), Carbohydrates: 13.7g (4.57%), Net Carbohydrates: 9.16g (3.33%), Sugar: 4.37g (4.85%), Cholesterol: 110.54mg (36.85%), Sodium: 416.91mg (18.13%), Alcohol: 1.66g (100%), Alcohol %: 0.61% (100%), Protein: 41.01g (82.02%), Vitamin A: 4770.96IU (95.42%), Vitamin B3: 17.91mg (89.54%), Vitamin B1: 1.17mg (78.04%), Vitamin B6: 1.54mg (77.09%), Selenium: 46.65µg (66.64%), Vitamin B2: 0.95mg (55.68%), Phosphorus: 461.73mg (46.17%), Potassium: 1058.93mg (30.26%), Vitamin K: 29.49µg (28.09%), Vitamin E: 4.21mg (28.04%), Zinc: 3.93mg (26.17%), Vitamin C: 21.54mg (26.1%), Vitamin B12: 1.52µg (25.31%), Iron: 3.61mg (20.05%), Vitamin B5: 1.97mg (19.72%), Fiber: 4.55g (18.19%), Magnesium: 72.4mg (18.1%), Manganese: 0.34mg (16.9%), Copper: 0.29mg (14.45%), Calcium: 84.03mg (8.4%), Folate: 22.79µg (5.7%)