



## Pork-Bean Chili With Corn Dumplings

 **Gluten Free**  **Very Healthy**

READY IN



255 min.

SERVINGS



10

CALORIES



610 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup ancho chile powder
- 3 bay leaves
- 3 pounds boston butt pork shoulder boneless trimmed cut into 3/4-inch pieces (Boston butt)
- 28 ounce tomatoes diced with green chiles mexican-style canned
- 3 tablespoons chili powder
- 1 bunch cilantro leaves
- 2 cups black beans dried picked over
- 1 teaspoon thyme leaves dried

- 10 cloves garlic minced smashed (6 ; 4 )
- 0.5 teaspoon ground cloves
- 1 tablespoon ground cumin
- 2 juice of lime for serving
- 10 servings kosher salt
- 2 cups i would have liked to use an version of masa but i couldn't find one at the time of making the tamal instant ( corn flour)
- 1 large onion diced
- 1 tablespoon oregano dried
- 1 tablespoon paprika
- 10 servings cheddar cheese shredded for topping
- 2 tablespoons butter unsalted melted
- 2 tablespoons vegetable oil

## Equipment

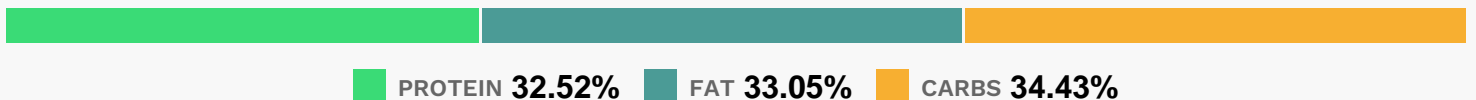
- bowl
- frying pan
- ladle
- pot
- blender
- plastic wrap
- dutch oven

## Directions

- Put the beans in a Dutch oven or large pot and add enough water to cover. Bring to a simmer over medium-high heat and cook 10 minutes.
- Drain the beans, return them to the pot and cover with water by about 3 inches.
- Add the thyme, bay leaves and 4 smashed garlic cloves. Bring to a simmer over medium heat and cook, skimming off any foam, until the beans begin to soften, about 1 hour.

- Meanwhile, heat the vegetable oil in a large skillet over medium-high heat.
- Add the onion and cook, stirring, until golden, about 5 minutes. Stir in the minced garlic, chili powder, ancho chile powder, paprika, oregano, cumin and cloves; cook 1 minute.
- Add the diced tomatoes and cook, stirring, until thickened, 8 to 10 minutes.
- Transfer the tomato mixture to the pot with the beans.
- Add the pork and 1 teaspoon salt and stir to combine. Bring just to a boil; reduce the heat to medium low and simmer, stirring occasionally, until the beans and pork are tender, about 2 hours. (
- Add water to keep the pork covered, if needed.) Discard the bay leaves.
- Combine the masa harina, melted butter and 1 teaspoon salt in a large bowl. Stir in 1 1/2 to 2 cups warm water to make a soft dough.
- Roll the dough into 1-inch balls, then press your thumb into each one to form a cup shape. Cover with plastic wrap until the chili is ready.
- Combine the remaining 2 smashed garlic cloves, the cilantro, lime juice, 1 1/2 cups water and 2 teaspoons salt in a blender and puree until smooth. Stir the cilantro mixture into the chili. Gently add the dumplings (do not stir) and simmer until cooked through and firm, 30 to 35 minutes. Thin the chili with a splash of hot water, if needed. Ladle into bowls and top with cheese; serve with lime wedges and sour cream, if desired.
- Photograph by Anna Williams

## Nutrition Facts



### Properties

Glycemic Index:17.3, Glycemic Load:0.91, Inflammation Score:-10, Nutrition Score:46.176521197609%

### Flavonoids

Petunidin: 5.98mg, Petunidin: 5.98mg, Petunidin: 5.98mg, Petunidin: 5.98mg Delphinidin: 7.18mg, Delphinidin: 7.18mg, Delphinidin: 7.18mg, Delphinidin: 7.18mg Malvidin: 4.12mg, Malvidin: 4.12mg, Malvidin: 4.12mg, Malvidin: 4.12mg Hesperetin: 1.55mg, Hesperetin: 1.55mg, Hesperetin: 1.55mg, Hesperetin: 1.55mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.53mg, Quercetin: 3.53mg, Quercetin: 3.53mg, Quercetin: 3.53mg

## Nutrients (% of daily need)

Calories: 609.74kcal (30.49%), Fat: 22.85g (35.15%), Saturated Fat: 9.61g (60.04%), Carbohydrates: 53.57g (17.86%), Net Carbohydrates: 41.37g (15.04%), Sugar: 4.25g (4.73%), Cholesterol: 117.67mg (39.22%), Sodium: 614.66mg (26.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 50.59g (101.17%), Vitamin B1: 1.65mg (110.05%), Vitamin B3: 17.82mg (89.09%), Vitamin B6: 1.57mg (78.35%), Selenium: 50.47µg (72.1%), Phosphorus: 691.33mg (69.13%), Vitamin B2: 1.17mg (68.8%), Vitamin A: 3407.21IU (68.14%), Folate: 240.65µg (60.16%), Fiber: 12.2g (48.8%), Manganese: 0.94mg (46.9%), Iron: 8.12mg (45.12%), Potassium: 1561.67mg (44.62%), Zinc: 6.2mg (41.35%), Magnesium: 160.19mg (40.05%), Calcium: 381.75mg (38.17%), Copper: 0.65mg (32.64%), Vitamin E: 4.78mg (31.86%), Vitamin K: 27.35µg (26.05%), Vitamin B12: 1.51µg (25.11%), Vitamin B5: 2.09mg (20.95%), Vitamin C: 10.88mg (13.19%), Vitamin D: 0.22µg (1.48%)