



Sam's No.3 Kickin' Green Chili

 Dairy Free

READY IN



70 min.

SERVINGS



10

CALORIES



743 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 ounces butter plus more for sauteing pork
- ☐ 29 ounce tomatoes diced canned
- ☐ 25 anaheim chiles fresh green canned
- ☐ 1 cup flour
- ☐ 2 teaspoons sea salt
- ☐ 1.8 tablespoons ground mustard powder dry
- ☐ 1.8 teaspoons ground pepper black
- ☐ 3 jalapeños fresh diced for added heat

- ☐ 2 teaspoons oregano dried
- ☐ 3 pounds fatty pork cut into 1/2-inch cubes
- ☐ 1 tablespoon salt
- ☐ 6 large tomatoes cut into 1/2-inch dice
- ☐ 2 large onions white cut into 1/2-inch dice

Equipment

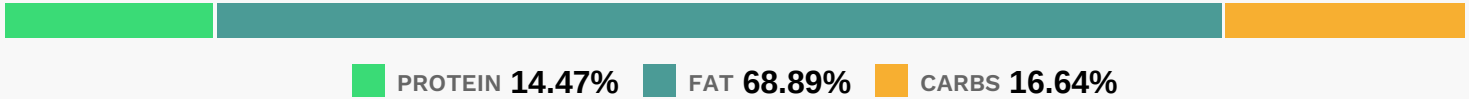
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ pot
- ☐ grill
- ☐ ziploc bags

Directions

- ☐ Watch how to make this recipe.
- ☐ If roasting your own chiles: Preheat an outdoor grill to high.
- ☐ Place the Anaheim chiles on the grill and cook, turning to cook evenly, until the skins blister and blacken.
- ☐ Remove from the grill and place in a plastic bag. Seal the bag and let the chiles stand for 5 to 10 minutes.
- ☐ Remove the skin, stems and seeds and chop into 1/4-inch pieces.
- ☐ Heat some butter in a large pot and add the cubed pork. Cook about 15 minutes, and then add the onions and spices. Cook on low heat, stirring occasionally. When the pork has cooked through, add the fresh tomatoes, canned tomatoes, green chiles and jalapenos, if using. Stir occasionally.
- ☐ After 5 minutes, add 8 cups water. Bring to a low boil. Stir occasionally. Increase the heat and bring the chili to a rolling or high boil.
- ☐ In separate pan, melt the butter or margarine and whisk in the flour, stirring until creamy.

- ☐ Slowly add the roux to the chili, stirring constantly, and shut off the heat. Continue to stir so that the roux is evenly distributed. (Roux amount can be adjusted depending on desired consistency or thickness.)
- ☐ Let stand 5 minutes and serve in a bowl or smothered!

Nutrition Facts



Properties

Glycemic Index:21.4, Glycemic Load:8.75, Inflammation Score:-9, Nutrition Score:26.768695623978%

Flavonoids

Naringenin: 0.74mg, Naringenin: 0.74mg, Naringenin: 0.74mg, Naringenin: 0.74mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 7.35mg, Quercetin: 7.35mg, Quercetin: 7.35mg, Quercetin: 7.35mg

Nutrients (% of daily need)

Calories: 742.78kcal (37.14%), Fat: 57.19g (87.99%), Saturated Fat: 16.51g (103.18%), Carbohydrates: 31.07g (10.36%), Net Carbohydrates: 22.89g (8.33%), Sugar: 11.09g (12.32%), Cholesterol: 97.98mg (32.66%), Sodium: 1686.14mg (73.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.03g (54.06%), Vitamin B1: 1.2mg (80.27%), Selenium: 40.69µg (58.13%), Vitamin C: 47.73mg (57.86%), Vitamin A: 2287.2IU (45.74%), Vitamin B3: 8.06mg (40.28%), Vitamin B6: 0.78mg (39.1%), Fiber: 8.18g (32.72%), Phosphorus: 324.85mg (32.49%), Vitamin B2: 0.48mg (28.11%), Potassium: 911.82mg (26.05%), Zinc: 3.55mg (23.65%), Manganese: 0.43mg (21.58%), Iron: 3.28mg (18.21%), Vitamin E: 2.51mg (16.73%), Vitamin B12: 0.99µg (16.44%), Folate: 63.08µg (15.77%), Magnesium: 61mg (15.25%), Vitamin K: 15.07µg (14.36%), Vitamin B5: 1.26mg (12.6%), Copper: 0.23mg (11.64%), Calcium: 87.04mg (8.7%)