



Shot-and-a-Beer Pork Stew

 Dairy Free

READY IN



225 min.

SERVINGS



6

CALORIES



393 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 large ancho chiles dried
- 6 servings accompaniments: cabbage and cilantro slaw with lime vinaigrette, lime wedges, crumbled cotija cheese, and tortilla chips
- 2 large chipotle sauce dried
- 3 garlic cloves chopped
- 2 teaspoons ground cumin
- 2 teaspoons kosher salt
- 12 ounces mexican lager such as tecate
- 1 medium onion chopped

- 2 teaspoons mexican oregano dried
- 3.5 pounds boston butt pork shoulder cut into 2-in. cubes
- 0.3 cup tequila white (silver)
- 0.8 pound tomatoes chopped
- 1 tablespoon vegetable oil

Equipment

- bowl
- sauce pan
- ladle
- oven
- pot
- dutch oven

Directions

- Preheat oven to 350
- Wipe chiles clean with a damp cloth. In a dry, heavy saucepan over medium heat, toast chiles until fragrant and puffy, turning occasionally to keep them from burning, 3 to 5 minutes.
- Let cool slightly, then remove stems, seeds, and membranes.
- Pour beer and tequila over chiles to soften.
- Meanwhile, season pork with salt.
- Heat oil in a heavy, large ovenproof pot such as a Dutch oven over medium-high heat. Brown half the pork at a time, turning as needed, 8 to 10 minutes per batch.
- Transfer browned pork to a bowl.
- Add onion and garlic to pot; cook until soft, stirring often, 5 minutes. Stir in beer mixture, tomatoes, oregano, cumin, and pork.
- Add water if needed to barely cover pork. Bring to a boil over high heat; cover.
- Bake stew until pork is falling-apart tender, 3 hours. Skim fat. Ladle stew into bowls and serve with accompaniments.
- *Find in the Latino foods aisle or spice aisle of a supermarket, or at a Latino market.

Make ahead: Chill, covered, up to 2 days.

Nutrition Facts

PROTEIN 39.13% **FAT 37.46%** **CARBS 23.41%**

Properties

Glycemic Index:34.08, Glycemic Load:2.95, Inflammation Score:-10, Nutrition Score:33.958695536074%

Flavonoids

Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 4.28mg, Quercetin: 4.28mg, Quercetin: 4.28mg, Quercetin: 4.28mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 393.41kcal (19.67%), Fat: 14.95g (23.01%), Saturated Fat: 4.53g (28.31%), Carbohydrates: 21.03g (7.01%), Net Carbohydrates: 13.88g (5.05%), Sugar: 10.32g (11.47%), Cholesterol: 108.14mg (36.05%), Sodium: 930.53mg (40.46%), Alcohol: 5.55g (100%), Alcohol %: 1.78% (100%), Protein: 35.15g (70.31%), Vitamin B1: 1.52mg (101.34%), Vitamin K: 78.75µg (75%), Vitamin A: 3661.16IU (73.22%), Selenium: 48.94µg (69.92%), Vitamin C: 40.23mg (48.77%), Vitamin B6: 0.97mg (48.66%), Vitamin B3: 8.8mg (43.99%), Vitamin B2: 0.71mg (41.94%), Phosphorus: 396.66mg (39.67%), Zinc: 5.52mg (36.8%), Potassium: 1090.7mg (31.16%), Fiber: 7.14g (28.57%), Vitamin B12: 1.37µg (22.79%), Iron: 3.93mg (21.83%), Manganese: 0.4mg (20.22%), Magnesium: 68.67mg (17.17%), Vitamin B5: 1.7mg (16.98%), Folate: 61.2µg (15.3%), Copper: 0.26mg (12.85%), Calcium: 88.05mg (8.8%), Vitamin E: 1.11mg (7.41%)