



 **32%**
HEALTH SCORE

Smokey Slow Cooker Chili

 **Gluten Free**

READY IN



330 min.

SERVINGS



8

CALORIES



503 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bay leaves
- 1 cup beer (lager-style)
- 7.8 ounce tomato sauce hot-style canned (such as El Paso)
- 3 tablespoons chili powder
- 0.5 cup cilantro leaves finely chopped
- 3 garlic clove minced
- 1.8 cups bell pepper green chopped
- 0.5 cup spring onion finely chopped

- 1 tablespoon ground cumin
- 0.8 teaspoon pepper fresh black
- 8 lime wedges
- 3 cups onion chopped
- 2 teaspoons oregano dried
- 15 ounce pinto beans drained canned
- 29 ounce plum tomatoes undrained chopped canned
- 1 lb fatty pork
- 1 lb boston butt pork shoulder cut into 1/2-inch pieces
- 2 ounces queso fresco crumbled
- 0.5 teaspoon salt divided
- 8 ounces pork hock smoked
- 1.5 tablespoons sugar
- 6 tomatillos quartered
- 3 tablespoons tomato paste

Equipment

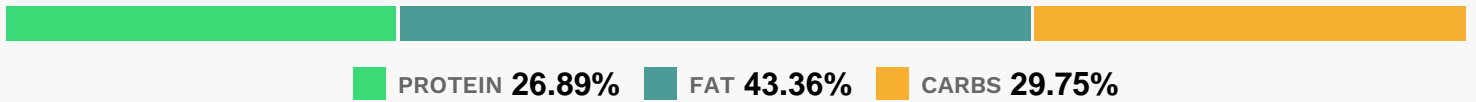
- bowl
- frying pan
- ladle
- stove
- slow cooker

Directions

- Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- Add ground pork to pan; cook 5 minutes or until browned, stirring to slightly crumble.
- Drain well.
- Transfer pork to an electric slow cooker.
- Recoat pan with cooking spray.

- Add pork shoulder; cook 5 minutes or until lightly browned, turning occasionally.
- Transfer pork to slow cooker.
- Recoat pan with cooking spray.
- Add onion and bell pepper; saut 8 minutes, stirring frequently.
- Add garlic; saut 1 minute.
- Add tomato paste; cook 1 minute, stirring constantly. Stir in beer; cook 1 minute.
- Transfer onion mixture to slow cooker.
- Add 1/4 teaspoon salt, chili powder, and next 9 ingredients (through ham hock) to slow cooker. Cover and cook on HIGH 5 hours or until meat is tender.
- Remove bay leaves and ham hock; discard. Stir in remaining 1/4 teaspoon salt and sugar. Ladle about 1 1/3 cups chili into each of 8 bowls; top each serving with 1 tablespoon cilantro, 1 tablespoon green onions, and 1 tablespoon cheese.
- Serve each serving with 1 lime wedge. Note: You can also cook the chili in a slow cooker on LOW for 8 hours. For cooking chili on the stovetop, use a total of 12 ounces beer and simmer, covered, for 2 1/2 to 3 hours or until the pork shoulder is tender.

Nutrition Facts



Properties

Glycemic Index:58.39, Glycemic Load:8.09, Inflammation Score:-10, Nutrition Score:31.290000303932%

Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg Naringenin: 1.31mg, Naringenin: 1.31mg, Naringenin: 1.31mg, Naringenin: 1.31mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.55mg, Luteolin: 1.55mg, Luteolin: 1.55mg, Luteolin: 1.55mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 14.79mg, Quercetin: 14.79mg, Quercetin: 14.79mg, Quercetin: 14.79mg Gallic acid: 0.02mg, Gallic acid: 0.02mg, Gallic acid: 0.02mg, Gallic acid: 0.02mg

Nutrients (% of daily need)

Calories: 502.98kcal (25.15%), Fat: 24.42g (37.57%), Saturated Fat: 8.94g (55.89%), Carbohydrates: 37.7g (12.57%), Net Carbohydrates: 26.86g (9.77%), Sugar: 12.05g (13.39%), Cholesterol: 99.79mg (33.26%), Sodium: 568.2mg

(24.7%), Alcohol: 1.15g (100%), Alcohol %: 0.29% (100%), Protein: 34.06g (68.13%), Vitamin C: 59.18mg (71.73%), Vitamin B1: 0.96mg (63.9%), Vitamin A: 2329.5IU (46.59%), Selenium: 30.88µg (44.11%), Vitamin B6: 0.88mg (44.1%), Fiber: 10.84g (43.36%), Potassium: 1358.76mg (38.82%), Vitamin K: 39.52µg (37.64%), Phosphorus: 371.13mg (37.11%), Manganese: 0.74mg (36.83%), Folate: 141.58µg (35.39%), Vitamin B3: 6.52mg (32.61%), Iron: 5.1mg (28.31%), Zinc: 3.76mg (25.05%), Vitamin B2: 0.42mg (24.76%), Magnesium: 92.18mg (23.04%), Vitamin E: 3.33mg (22.17%), Copper: 0.42mg (21.17%), Calcium: 158.49mg (15.85%), Vitamin B12: 0.81µg (13.54%), Vitamin B5: 1.23mg (12.31%), Vitamin D: 0.19µg (1.28%)