



Smoky Slow-Cooked Chili

READY IN



335 min.

SERVINGS



8

CALORIES



525 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 1 cup lager lager-style (such as Budweiser)
- ☐ 0.8 teaspoon pepper black freshly ground
- ☐ 1 pound pork shoulder boneless cut into 1/2-inch pieces
- ☐ 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
- ☐ 1 pound ground pork
- ☐ 8 lime wedges
- ☐ 3 cups onion chopped
- ☐ 2 teaspoons oregano dried
- ☐ 15 ounce pinto beans drained canned
- ☐ 29 ounce plum tomatoes undrained chopped canned
- ☐ 0.5 cup queso fresco crumbled
- ☐ 8 ounces pork hock smoked
- ☐ 1.5 tablespoons sugar
- ☐ 6 tomatillos quartered
- ☐ 3 tablespoons tomato paste
- ☐ 7.8 ounce tomato sauce hot-style canned (such as El Pato)

Equipment

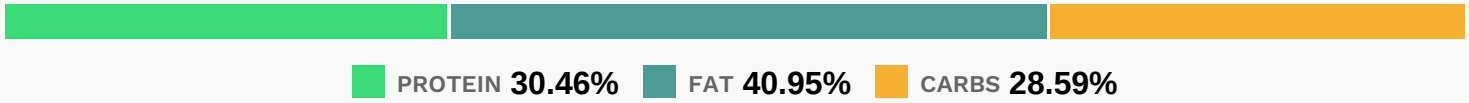
- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ stove
- ☐ slow cooker

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 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 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:34.387391634609%

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, 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 Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 525.41kcal (26.27%), Fat: 24.01g (36.93%), Saturated Fat: 8.77g (54.79%), Carbohydrates: 37.71g (12.57%), Net Carbohydrates: 26.87g (9.77%), Sugar: 12.07g (13.41%), Cholesterol: 111mg (37%), Sodium: 431.23mg (18.75%), Alcohol: 1.15g (100%), Alcohol %: 0.28% (100%), Protein: 40.18g (80.36%), Vitamin C: 58.9mg (71.4%), Vitamin B1:

1.02mg (67.91%), Vitamin B6: 1.15mg (57.41%), Vitamin B3: 10.49mg (52.44%), Selenium: 35.41µg (50.58%), Vitamin A: 2331.76IU (46.64%), Fiber: 10.84g (43.36%), Phosphorus: 433.17mg (43.32%), Potassium: 1455.8mg (41.59%), Vitamin K: 39.53µg (37.65%), Manganese: 0.74mg (37.01%), Folate: 139.89µg (34.97%), Vitamin B2: 0.58mg (33.93%), Iron: 5.18mg (28.77%), Zinc: 3.79mg (25.27%), Magnesium: 99.78mg (24.95%), Vitamin E: 3.37mg (22.49%), Copper: 0.43mg (21.66%), Vitamin B12: 1.02µg (17.07%), Calcium: 160.57mg (16.06%), Vitamin B5: 1.51mg (15.06%), Vitamin D: 0.21µg (1.37%)