



WHATSheATE



Spicy Lamb and Chorizo Chili



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



428 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 30 ounce pinto beans rinsed drained canned
- ☐ 1 teaspoon cayenne pepper
- ☐ 3 ounces ancho chilies dried stemmed seeded (5 large)
- ☐ 12 large garlic cloves chopped
- ☐ 1 tablespoon ground cumin
- ☐ 3.3 pounds o-bone lamb shoulder chops cut into 3/4-inch cubes (round-bone)
- ☐ 2.3 cups low-salt chicken broth canned
- ☐ 1 tablespoon oregano dried

- ☐ 2 pound pork chorizo
- ☐ 2 cups onions red coarsely chopped

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ pot
- ☐ sieve
- ☐ blender

Directions

- ☐ Combine first 3 ingredients in heavy medium saucepan. Cover and simmer over medium heat until chilies soften, about 12 minutes. Puree chili mixture in batches in blender.
- ☐ Stir chorizo in heavy large pot over medium-high heat until drippings come to simmer, breaking up meat with spoon.
- ☐ Transfer to fine strainer set over bowl.
- ☐ Let chorizo drain 10 minutes.
- ☐ Return 1/4 cup chorizo drippings to same pot and heat over medium-high heat (discard remaining drippings).
- ☐ Add onions, garlic, oregano and cumin. Sauté until onions begin to soften, about 5 minutes.
- ☐ Sprinkle lamb with salt and pepper; add to pot. Sauté until lamb is no longer pink outside, about 10 minutes.
- ☐ Add chili puree and drained chorizo. Bring chili to boil, stirring occasionally. Reduce heat to medium-low, cover and simmer 1 hour.
- ☐ Add hominy. Simmer uncovered until lamb is tender and liquid thickens, stirring occasionally, about 15 minutes. Season with salt and pepper. (Can be made 3 days ahead. Chill uncovered until cold, then cover and keep chilled. Rewarm before serving.)
- ☐ *Sold at Latin American markets and some supermarkets.

Nutrition Facts



 **PROTEIN 24.64%**  **FAT 53.06%**  **CARBS 22.3%**

Properties

Glycemic Index:23.63, Glycemic Load:6.7, Inflammation Score:-8, Nutrition Score:20.268260955811%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 8.2mg, Quercetin: 8.2mg, Quercetin: 8.2mg, Quercetin: 8.2mg

Nutrients (% of daily need)

Calories: 428.25kcal (21.41%), Fat: 25.37g (39.03%), Saturated Fat: 9.22g (57.64%), Carbohydrates: 24g (8%), Net Carbohydrates: 17.76g (6.46%), Sugar: 3.54g (3.94%), Cholesterol: 81.65mg (27.22%), Sodium: 373.14mg (16.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.5g (53.01%), Vitamin B1: 0.93mg (61.8%), Selenium: 28.88µg (41.25%), Vitamin B6: 0.69mg (34.66%), Phosphorus: 344.62mg (34.46%), Vitamin B3: 6.41mg (32.04%), Manganese: 0.56mg (27.87%), Vitamin C: 21.44mg (25.99%), Fiber: 6.24g (24.95%), Potassium: 812.95mg (23.23%), Zinc: 3.36mg (22.42%), Iron: 3.72mg (20.65%), Vitamin B2: 0.34mg (19.79%), Magnesium: 69.67mg (17.42%), Copper: 0.31mg (15.56%), Vitamin B12: 0.86µg (14.34%), Folate: 43.19µg (10.8%), Calcium: 104.66mg (10.47%), Vitamin B5: 1.01mg (10.05%), Vitamin K: 8.08µg (7.7%), Vitamin E: 0.9mg (6.03%), Vitamin A: 234.53IU (4.69%)