



The Mother-in-Law

READY IN



110 min.

SERVINGS



4

CALORIES



1155 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14.5 ounce canned tomatoes canned
- ☐ 1 cup chicken stock see
- ☐ 1 tablespoons chili powder
- ☐ 1 pound chorizo mexican-style
- ☐ 2 small bags corn chips such as fritos, crushed
- ☐ 1 tablespoons ground cumin
- ☐ 1.5 pounds ground sirloin
- ☐ 4 hot dog buns
- ☐ 1 tablespoon hot sauce

- ☐ 4 servings kosher salt and freshly ground black pepper
- ☐ 1.5 cups manchego shredded
- ☐ 1 onion diced
- ☐ 1 teaspoon paprika
- ☐ 12 sport peppers chopped
- ☐ 1 stout beer
- ☐ 1 teaspoon vegetable oil
- ☐ 0.3 onion white chopped
- ☐ 4 tamales hot chicago-style prepared
- ☐ 4 tamales hot chicago-style prepared

Equipment

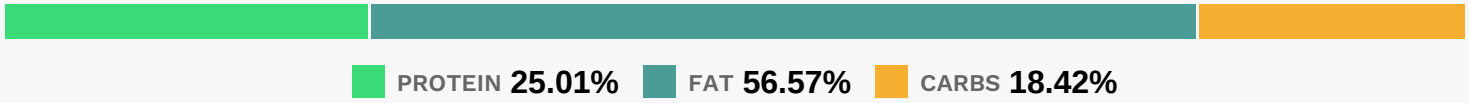
- ☐ bowl
- ☐ ladle
- ☐ pot
- ☐ wooden spoon
- ☐ dutch oven
- ☐ steamer basket

Directions

- ☐ Heat the Chili Sans Beans in a small saucepot until it is simmering, about 5 minutes.
- ☐ Heat up the tamales using a steamer basket set over a pot of simmering water, until they are warmed through, about 10 minutes. (Or follow the package directions of the tamale you use.)
- ☐ In a small bowl, combine the sport peppers and chopped onion.
- ☐ Place a sprinkling of the onions and sport peppers along the bottom of the buns.
- ☐ Remove the husks of the tamales.
- ☐ Place the tamales in the buns and top with the Manchego. Then ladle a small amount of chili on top of that! Top with the remaining sport peppers and onions and sprinkle with the corn chips. Take a bite and instantly blog about how surprisingly amazing this combination of ingredients is.

- ☐
- In a large Dutch oven, heat the oil over medium heat.
- ☐
- Add the beef and chorizo and smoosh down. Start breaking up the chunks with a wooden spoon and let sear until the beef is no longer pink, about 5 minutes.
- ☐
- Remove the meat from the pot and leave the fat. Then add the onions, chili powder, cumin, paprika and season with salt and pepper. Cook until the onions are soft, 7 to 8 minutes. Deglaze with the beer. Cook until the alcohol smell subsides, 3 to 4 minutes.
- ☐
- Add the hot sauce, tomatoes, stock and the reserved meat. Simmer until thickened, stirring frequently, about 20 minutes. Adjust seasoning.

Nutrition Facts



Properties

Glycemic Index:53, Glycemic Load:16.63, Inflammation Score:-10, Nutrition Score:46.506521592969%

Flavonoids

Luteolin: 16.82mg, Luteolin: 16.82mg, Luteolin: 16.82mg, Luteolin: 16.82mg Isorhamnetin: 1.72mg, Isorhamnetin: 1.72mg, Isorhamnetin: 1.72mg, Isorhamnetin: 1.72mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 14.87mg, Quercetin: 14.87mg, Quercetin: 14.87mg, Quercetin: 14.87mg

Nutrients (% of daily need)

Calories: 1155.46kcal (57.77%), Fat: 72.27g (111.18%), Saturated Fat: 31.79g (198.68%), Carbohydrates: 52.96g (17.65%), Net Carbohydrates: 42.53g (15.46%), Sugar: 18.86g (20.96%), Cholesterol: 233.68mg (77.89%), Sodium: 1132.02mg (49.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 71.89g (143.78%), Vitamin C: 302.26mg (366.38%), Vitamin B6: 1.71mg (85.6%), Vitamin B3: 14.01mg (70.03%), Calcium: 643.25mg (64.33%), Iron: 11.42mg (63.44%), Vitamin B12: 3.78µg (62.94%), Vitamin A: 3046.4IU (60.93%), Zinc: 9mg (60.03%), Selenium: 41.1µg (58.71%), Manganese: 1.02mg (50.81%), Phosphorus: 480.63mg (48.06%), Potassium: 1675.34mg (47.87%), Vitamin B1: 0.64mg (42.47%), Fiber: 10.43g (41.71%), Vitamin K: 41.15µg (39.19%), Vitamin B2: 0.63mg (37.14%), Copper: 0.67mg (33.4%), Vitamin E: 4.46mg (29.77%), Magnesium: 112.37mg (28.09%), Folate: 109.94µg (27.48%), Vitamin B5: 1.65mg (16.52%), Vitamin D: 0.17µg (1.13%)