



Vegetarian Chili Verde

READY IN

ready

130 min.

SERVINGS

servings

6

CALORIES

calories

822 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1.3 cups buttermilk
- ☐ 7 ounce mild chiles diced green canned
- ☐ 2 teaspoons cumin seeds
- ☐ 2 large eggs
- ☐ 0.8 cup flour all-purpose
- ☐ 1 tablespoon flour all-purpose
- ☐ 4 large cloves garlic peeled chopped

- ☐ 28 ounce hominy with juices preferably golden canned
- ☐ 1.3 teaspoons kosher salt
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1 cup onion chopped
- ☐ 2 tablespoons mexican oregano dried
- ☐ 8 ounces poblano chiles diced stemmed seeded cut into 4 strips
- ☐ 0.3 cup cup heavy whipping cream sour
- ☐ 6 tablespoons sugar
- ☐ 8 ounces tomatillos cored husked rinsed chopped
- ☐ 0.5 cup butter unsalted chilled plus more for greasing cut into 1/2-inch cubes, 1 stick
- ☐ 1 cup vegetable broth
- ☐ 8 ounce yam peeled cut into 1/3-inch cubes red-skinned sweet potato
- ☐ 2 cups cornmeal yellow
- ☐ 8 ounce yukon gold potatoes peeled cut into 1/3-inch cubes
- ☐ 6 servings garnishes such as crumbled feta cheese, chopped green onions, sliced avocados, lime wedges and chopped serrano chiles

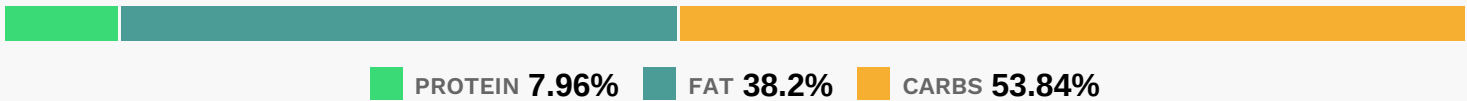
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ baking pan
- ☐ tongs

Directions

- ☐ Watch how to make this recipe.
- ☐ Heat the oil in a heavy, large pot over medium heat.
- ☐ Add the onions, potatoes, yams, garlic, tomatillos and poblanos. Cover and sweat until the onions are tender, stirring often to prevent browning, about 8 minutes.
- ☐ Mix in the oregano, flour, cumin, 1 teaspoon salt and 1/2 teaspoon pepper.
- ☐ Add the hominy with the juices and the broth and bring the chili to a simmer.
- ☐ Place the green chiles in a processor. Using tongs, transfer strips of the poblano chile from the pot to the processor; blend just until smooth. Scrape the chile sauce into the pot.
- ☐ Cover and simmer the chili 20 minutes. Uncover and simmer until the potatoes and yams are tender and the chili is reduced to desired consistency, stirring often, 20 to 25 minutes longer. Season with more salt and pepper if desired.
- ☐ Ladle the chili into bowls.
- ☐ Serve with garnishes and Buttermilk and Sour Cream Corn Bread.
- ☐ Position a rack in the center of the oven and preheat to 400 degrees F. Butter a 9-by-9-by-2-inch metal baking pan.
- ☐ Blend the cornmeal, flour, sugar, baking powder, salt and baking soda in a processor for 5 seconds.
- ☐ Add the butter cubes. Blend until the butter is reduced to tiny pieces, 15 to 20 seconds.
- ☐ Whisk the buttermilk, sour cream and eggs in a large bowl to blend.
- ☐ Add the dry ingredients from the processor and stir until evenly moistened. Scrape the batter into the prepared pan.
- ☐ Bake the corn bread until the top is golden brown and a tester inserted into the center comes out clean, about 25 minutes. Cool the bread on a rack at least 30 minutes.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:115.72, Glycemic Load:49.05, Inflammation Score:-10, Nutrition Score:35.01260865253%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.84mg, Luteolin: 1.84mg, Luteolin: 1.84mg, Luteolin: 1.84mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.71mg, Quercetin: 6.71mg, Quercetin: 6.71mg, Quercetin: 6.71mg

Nutrients (% of daily need)

Calories: 821.89kcal (41.09%), Fat: 35.5g (54.61%), Saturated Fat: 14.63g (91.41%), Carbohydrates: 112.58g (37.53%), Net Carbohydrates: 98.56g (35.84%), Sugar: 26.7g (29.67%), Cholesterol: 115.71mg (38.57%), Sodium: 1509.16mg (65.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.65g (33.29%), Vitamin A: 8619.88IU (172.4%), Vitamin C: 100.45mg (121.75%), Manganese: 1.16mg (57.88%), Fiber: 14.02g (56.08%), Vitamin B6: 0.95mg (47.71%), Phosphorus: 412.98mg (41.3%), Magnesium: 139.14mg (34.79%), Iron: 6.21mg (34.51%), Vitamin B1: 0.49mg (32.39%), Selenium: 21.66µg (30.94%), Vitamin K: 31.21µg (29.72%), Calcium: 294.34mg (29.43%), Potassium: 1009.35mg (28.84%), Zinc: 4.22mg (28.1%), Vitamin B2: 0.46mg (26.98%), Vitamin B3: 4.85mg (24.24%), Folate: 93.63µg (23.41%), Copper: 0.46mg (22.9%), Vitamin E: 3.39mg (22.61%), Vitamin B5: 1.77mg (17.72%), Vitamin D: 1.27µg (8.45%), Vitamin B12: 0.44µg (7.29%)