



Venison Chile con Carne

 Gluten Free

READY IN



45 min.

SERVINGS



15

CALORIES



611 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 ramekin anaheim chile diced
- 3 slices bacon diced
- 12 ounces lone star beer
- 2 ramekin bell pepper diced green
- 2 ramekin bell pepper diced red
- 1 tablespoon pepper black
- 32 ounce tomatoes crushed canned
- 1 ramekin celery diced

- 72 ounces chicken stock see
- 7 tablespoons chile powder
- 6 tablespoons chorizo seasoning
- 1 ramekin cilantro chopped
- 4 ounces ghee
- 1 cup black beans cooked
- 0.3 tablespoon cumin
- 15 servings feta cheese for garnish
- 2 fire-roasted tomatoes pureed
- 1 pound ground pork
- 1 cup kidney beans cooked
- 2 tablespoons kosher salt
- 15 servings i would have liked to use an version of masa but i couldn't find one at the time of making the tamal
- 1 ramekin onions chopped
- 3 tablespoons oregano
- 1 cup pinto beans cooked
- 2 fire-roasted poblano pepper
- 2 ounces roasted garlic minced
- 15 servings fried tortilla strips blue thin cut
- 5 pounds venison
- 1 tablespoon pepper white

Equipment

- bowl
- frying pan
- dutch oven

Directions

- Watch how to make this recipe.
- First, fire roast poblano pepper, tomatoes and garlic cloves. Dice garlic, blend tomatoes, peel and slice poblanos and set aside.
- Take a Dutch oven or large skillet and add oil.
- Heat oil and add in the bacon. Stir in ground pork and cook on high heat for 3 to 5 minutes then add in venison.
- Add salt to taste, white and black pepper, chile powder, chorizo seasoning, oregano and minced garlic and stir well.
- Add cumin slowly to your liking. Slowly, slowly add cumin, be careful (powerful stuff). Cook this all real good and stir constantly. When the meat is cooked, add in onions, bell pepper, Anaheim chilies and celery. Deglaze your pan with a 12 ounces Lone Star Beer.
- Add your blended tomatoes, 2 cans of crushed tomatoes, poblano peppers, chicken stock, beans and cilantro.
- Let simmer and get a good taste. If you like it hotter, add Serrano peppers or jalapenos. Thicken with masa harina.
- Serve in a large bowl with feta cheese and fried corn tortilla strips in center. Accompany with crackers, cornbread and ice cold Lone Star.

Nutrition Facts

PROTEIN 36.16% **FAT 44.8%** **CARBS 19.04%**

Properties

Glycemic Index:28.89, Glycemic Load:4.3, Inflammation Score:-10, Nutrition Score:41.286956452805%

Flavonoids

Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 1.62mg, Luteolin: 1.62mg, Luteolin: 1.62mg, Luteolin: 1.62mg Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 610.81kcal (30.54%), Fat: 30.16g (46.4%), Saturated Fat: 14.26g (89.11%), Carbohydrates: 28.84g (9.61%), Net Carbohydrates: 21.52g (7.83%), Sugar: 7.14g (7.94%), Cholesterol: 207.03mg (69.01%), Sodium: 1754.09mg (76.26%), Alcohol: 0.88g (100%), Alcohol %: 0.2% (100%), Protein: 54.76g (109.53%), Vitamin B12: 10.29µg (171.43%), Vitamin B3: 15.53mg (77.63%), Vitamin B2: 1.31mg (76.9%), Vitamin C: 54.55mg (66.12%), Vitamin B6: 1.32mg (65.85%), Phosphorus: 610.47mg (61.05%), Vitamin B1: 0.84mg (56.04%), Iron: 9.17mg (50.94%), Selenium: 33.56µg (47.94%), Vitamin A: 2052IU (41.04%), Zinc: 5.83mg (38.85%), Copper: 0.77mg (38.3%), Potassium: 1277.25mg (36.49%), Manganese: 0.67mg (33.62%), Fiber: 7.32g (29.26%), Folate: 103.87µg (25.97%), Magnesium: 102.46mg (25.61%), Calcium: 245.28mg (24.53%), Vitamin E: 3.28mg (21.87%), Vitamin K: 22.31µg (21.25%), Vitamin B5: 0.94mg (9.42%)