A Kansas SNAP-Ed EZ Does it Recipe

EZ Green Chili Stew

Servings: 10

**Ingredients:**
2 pounds ground pork*
3 cans (4 ounces each) chopped green chiles, undrained
1 large onion, diced
4 medium potatoes, peeled and diced
1 can (28 ounces) diced tomatoes, undrained
2 cups low-sodium chicken broth
1 garlic clove, minced
½ teaspoon dried oregano
¼ teaspoon dried coriander
¼ teaspoon pepper
1 teaspoon salt, optional

Remember to wash your hands with soap and warm water before and after cooking.

**Directions:**

1. In a large kettle or Dutch oven, brown ground pork; drain.
2. Add remaining ingredients. Cover and simmer for 45 minutes.

*Nutrition Facts:* Each serving provides 276 Calories, 12g Total Fat, 5g Saturated Fat, 188mg Sodium, 22g Total Carbohydrate, 5g Dietary Fiber, 20g Protein

* To get the flavor or texture just the way you like it, try using 1 pound of ground pork and 1 pound of ground beef. *Or...*

2 pounds of pork shoulder or pork butt, cut into 1/2 inch pieces. Cook in a large pot with olive oil over medium-high heat until brown. *Or...*

Cook 2 pounds of pork shoulder or pork butt in a slow cooker ahead of time. Shred it with two forks and use it in your chili.

Experiment and make this green chili your own!