

A Kansas SNAP-Ed *EZ Does it* Recipe

EZ Green Chili Stew

K-STATE
Research and Extension



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!

