

PORK & BEAN CHILI

Time: 75 minutes

Serves: 6

Ingredients:

- 1 pound ground pork
- 1 onion – chopped
- 2 cloves garlic - finely chopped or grated
- 2 tablespoons chili powder
- 1 teaspoon dried oregano
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- ¼ teaspoon crushed red pepper
- 28 ounce whole tomatoes
- 19 ounce can black beans – rinsed and drained
- 19 ounce can white kidney or cannellini beans – rinsed and drained
- ½ cup chicken stock
- ½ cup orange juice
- 1 ½ teaspoons kosher salt
- ¼ teaspoon black pepper
- 6 green onions - sliced

Preparation:

Place a heavy pot on medium-high.

Add the pork and cook, breaking apart until lightly browned.

Stir in the onion, garlic, chili, oregano, coriander, cumin and red pepper. Cook stirring occasionally for three minutes.

Pour the tomatoes into a bowl and crush them between your fingers to break them into smaller pieces. Stir the tomatoes and all remaining ingredients except green onions into the pot.

Once a boil is reached, reduce heat and simmer partially covered for one hour.

Serve immediately topped with green onions or let cool and reheat later.

Nutritional Information Per Serving:

- Calories: 360
- Fat: 12g
- Carbs: 40g
- Fibre: 12g
- Protein: 25g