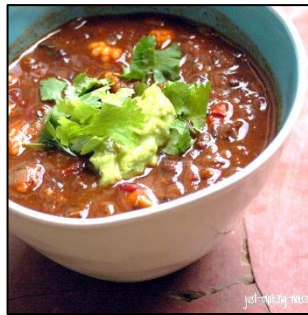


Chili Colorado (Mexican Chili)

Ingredients:

- 1½ lb. beef chuck roast, boneless
- 8 oz. pork butt, boneless
- 2 Tbsp. olive oil
- 1 medium onion, chopped
- 1 clove garlic, minced
- 2½ tsp. chili powder
- ¼ tsp. ground cumin
- 1 small bay leaf
- ½ tsp. salt
- 1½ c. canned tomato puree
- 1 c. water



Featured in: FN 1513
“North Dakota Food and Culture
A Taste of World Cuisine”
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Directions:

- Cut the pork and beef into strips about 1-inch thick by ½-inch wide, trimming excess fat. Heat oil in a large pot over medium-high heat. Add enough meat to cover the bottom of the pot. Cook until browned, about four minutes. Transfer to a bowl and continue with another batch of raw meat until all is cooked. Return all the meat to the pot and add the remaining ingredients. Bring to a boil and cook over medium heat for 1½ hours or bake covered in 400 degree F oven for one-half hour.

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Serve rolled in warm tortillas with sour cream and salsa.

Makes eight servings. Per serving: 250 calories, 14 grams (g) fat, 23 g protein, 7 g carbohydrate and 250 mg sodium.

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