



# Chili Verde

## Ingredients

- 1 pound fresh tomatillos, husks removed, washed, and cut into quarters
- 3 Anaheim chilies, roasted, peeled, seeded, and diced
- 3 green onions, sliced
- 2 cloves garlic, chopped
- 1 jalapeño pepper, seeded and diced
- 2 tablespoons fresh lime juice
- 1 teaspoon sugar
- 2 teaspoons oil
- 1½ pounds lean pork tenderloin, cut into ¾-inch chunks
- ¼ cup chopped fresh cilantro
- ½ teaspoon salt

## Preparation

1. Place tomatillos in a medium saucepan with a small amount of water. Cover and simmer for about 5 minutes until soft.
2. Drain tomatillos and place in a blender container with the Anaheim chilies, green onions, garlic, and jalapeño pepper. Blend on low speed until fairly smooth. Stir in lime juice and sugar and pour back into saucepan; set aside.
3. Heat oil in a large skillet. Add pork to skillet; cook and stir over high heat for about 5 minutes to brown; add to the pan with the sauce. Bring to a boil; reduce heat and simmer, covered, for 50 minutes.
4. Remove cover and cook for 10 minutes more. Stir in cilantro and salt. Serve with ½ cup cooked brown rice.

*Serve this dish with a side salad and fruit for a complete meal.*

**Makes 4 servings.** 1½ cups per serving.

**Prep time:** 15 minutes

**Cook time:** 1 hour and 10 minutes

**Nutrition information per serving:**

Calories 413, Carbohydrate 35 g, Dietary Fiber 6 g, Protein 43 g, Total Fat 11 g, Saturated Fat 3 g, Trans Fat 0 g, Cholesterol 108 mg, Sodium 383 mg