

Green Chili with Lamb & Hominy

Adding our Mexican Salsa Verde to this lamb chili is a great way to build flavor while adding in extra veggies to a hearty one-pot meal!

YIELD	PREP TIME	TOTAL TIME
8 SERVINGS	10 MIN	60 MIN

INGREDIENTS

1 Tbsp	Olive Oil
½ each	Onion, small dice
3 cloves	Garlic, minced
1 lb	Ground Lamb
¼ tsp	Kosher Salt
½ tsp	Black Pepper
4 cups	Vegetable Stock, low-sodium
1 (15 oz) can	Cannellini Beans, drained and rinsed
1¼ cups	Hominy, drained and rinsed
2 each	Chayote Squash or Mirliton, center pit removed, small dice
3 cups	Mexican Salsa Verde (see separate recipe)
¼ cup	Cilantro, chopped

CHEF'S NOTES

Hominy is made from the same maize grain used to make corn tortillas and grits. It has a similar flavor to corn but with an earthier quality. Canned hominy's texture makes a great addition to chilis and stews, but it should be drained and rinsed to remove excess sodium in the canning liquid.

Chayote squash, also known as mirlitons, are a firm, crunchy gourd that can be eaten raw or cooked. Their taste is mild and is similar in flavor to a cucumber. They work well to soak up the flavors of the dish they are accompanying, and can be used in soups, sautés, in salads, or roasted. Chayotes are popular in Louisiana cuisine where it is commonly pickled, stuffed with shrimp, or fried.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
2. Heat a large saucepot over medium-high heat and once hot, add the olive oil. Add the onion and cook until just lightly browned and translucent, about 2 to 4 minutes.
3. Add the garlic and continue cooking until the garlic becomes fragrant, about 30 seconds to 1 minute.
4. Add the ground lamb, salt and black pepper to the sauce pot. Stir to combine and continue cooking until meat is browned with no pink remaining, stirring occasionally to break the meat into small pieces.
5. Add the stock, beans, hominy, chayote squash, and salsa verde. Bring to a simmer and continue cooking until the hominy and chayote have softened and the stew has started to thicken, about 15 to 20 minutes.
6. Remove from the heat and garnish with the cilantro before serving.

Nutrition Facts

8 servings per container

Serving size 1 1/2 cups (424g)

Amount Per Serving

Calories **300**

% Daily Value*

Total Fat 17g **22%**

Saturated Fat 6g **30%**

Trans Fat 0.5g

Cholesterol 40mg **13%**

Sodium 270mg **12%**

Total Carbohydrate 24g **9%**

Dietary Fiber 5g **18%**

Total Sugars 4g

Includes 0g Added Sugars **0%**

Protein 14g **28%**

Vitamin D 0mcg 0%

Calcium 80mg 6%

Iron 2.6mg 15%

Potassium 580mg 10%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

