

# Pork Chili



**For a quick weeknight dinner, try this easy, hearty, and delicious one dish meal the whole family will enjoy!**



## Kitchen Equipment

Knife  
Cutting board  
Spatula or potato masher  
Medium Sauté Pan  
Medium Pot



## Ingredients

1.5lbs ground or diced pork  
2-3 Tbsp cooking oil  
1 medium onion, diced  
4 cloves garlic, minced  
1 Fresno chili pepper or jalapeño pepper, minced  
1 dried Ancho chile pepper  
2 cans diced tomatoes  
2 cans pinto beans  
½ can water  
3 Tbsp chili powder  
1 Tbsp ground cumin  
2 Tsp mustard (powdered or fresh)  
1.5 Tbsp smoked paprika (or 2 Tbsp regular paprika)  
2 Tsp ground black pepper  
1 Tbsp ground cinnamon  
2 Tbsp Kosher salt (1-1.5 Tbsp table salt)

---

## Instructions

---

- Trim both ends of the onion and cut in half vertically. Then peel off the skin and outer layer.
- For a quick dice: cut the onion across (parallel to the top) 3-4 times. Then, turn it 90° and cut across the first cuts about ¼ inch wide, following the natural curve of the onion.

*Make sure to keep your fingertips curled under so you don't cut yourself.*

- Preheat pot on medium to medium-high heat.
- When hot, add the oil and sauté the pork until browned. Break up the pork with a spatula or potato masher so that it cooks and browns evenly. Adjust the heat as necessary to prevent burning.
- Once the pork is browned, add the onions and garlic. Cook for about 5 minutes.

*The onions should be soft and fragrant.*

- Add Fresno (or jalapeño) pepper, dried ancho chili, and spices. Stir. Let cook for 3-5 minutes over medium heat, or until fragrant.
- Add canned tomatoes, beans, and extra water. Stir and simmer over low to medium heat for 30 minutes.

*Everything should be tender, and the flavors should be well developed.*

- Taste and adjust seasoning as you see fit.

*Enjoy with your favorite toppings such as cheddar cheese, avocado, green onion, or sour cream.*

Recipe By: Andrew Treble, FSU Dietetic Intern