

Spicy Pork Chili

Taste of Home One-Dish Meals

Servings: 15

1 1/2 pounds pork tenderloin , cubed
2 large onions, diced
4 ribs celery, diced
2 tablespoons butter
6 cans (15 1/2 oz) great northern beans, rinsed and drained
4 cans (14 1/2 oz) chicken broth
2 cups water
2 jalapeno peppers, seeded and chopped
2 teaspoons chili powder
1/2 teaspoon white pepper
1/2 teaspoon cayenne pepper
1/2 teaspoon ground cumin
1/2 teaspoon pepper
2 cloves garlic, minced
1/2 teaspoon salt
1/4 teaspoon dried parsley flakes
1/4 teaspoon hot pepper sauce (optional)
1 cup (4 oz) Monterey jack cheese, shredded

In a Dutch oven, cook the pork, onions and celery in butter over medium heat until meat is no longer pink.

Stir in the beans, broth, water, jalapenos, spices, garlic, salt, parsley and hot pepper sauce. Bring to a boil. Reduce heat; cover and simmer for 1 1/2 hours.

Uncover; simmer 30 to 40 minutes longer or until chili reaches desired consistency. Sprinkle with cheese.

Per Serving (excluding unknown items): 310 Calories; 5g Fat (14.6% calories from fat); 20g Protein; 48g Carbohydrate; 15g Dietary Fiber; 11mg Cholesterol; 355mg Sodium. Exchanges: 3 Grain(Starch); 1 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fat.