

## MY TABLE TO YOUR TABLE

by Debra Barnes

### A LITTLE CHILI IS IN THE AIR!

Winter and bitter cold temperatures call for everything cozy, comfy and crockpots! What better way to create a warm meal for a few or many than with a crockpot. In this article I am featuring one of my favorite cold weather big batch dishes, Pork Green Chili a.k.a Chili Verde.

My recipe calls for both tomatillos and green chile. You will see recipes that use fresh but for ease of convenience I use jarred. The products I use are Herdez mild Salsa Verde or Mrs. Renfos' green salsa (tomatillos) and 505 Southwestern Flame Roasted Green Chile. We have found these in our local grocery stores and online.

A few tips for this recipe. Doing all or some of these will help cut down on prep time on the day you are wanting to make the chili.

- Sear the meat a day or two before.
- Chop your onions and garlic a day or two ahead.
- Have your leftover containers labeled ahead.
- Measure herbs and spices ahead.

**Kitchen Tips:** Instead of using a cooler with ice packs etc., save the bubble envelopes that you get from amazon or Fed Ex. Use them to transport frozen items on short trips. I also saved my big silver bubble coolers that I received food in from Whole Foods. Instead of a big bulky heavy cooler, I use that! A company as big as Whole Foods is going to use the ultimate in research and technology for its food delivery service. It's like having NASA design a cooler!

**Money Saving Tip:** Good, sliced turkey at the deli counter is easily over \$5.00 lb. Full of way too much salt and added stuff you can't pronounce. Buy whole turkey! The Shady Brook brand is on sale at Market Basket most of the time (no, I don't get paid to say that:). It sells for \$1.59 – \$1.99 lb. That is so much cheaper than just about any meat. You can cook a 12-14 lb. turkey on Sunday, have a nice dinner, sandwiches the next day and maybe even a soup or turkey pot pie with the leftovers. Use the carcass for rich broth. It just makes "cents"!

**Garden Notes:** I will be starting my heirloom tomato seeds at the beginning of April with a sale date usually just after Mother's Day. Be sure to reach out if there is a specific variety that you loved from last year. I will also have some herbs and flowers. Any tomato growing questions can be sent to me via Instagram. The Bow Garden Club is also a great resource!!

Be sure to follow my Instagram page #EAT603. You can also check out more recipes on The Bow Times website: [www.thebowtimes.com](http://www.thebowtimes.com). Debra Barnes is a chef and avid gardener. She lives with her husband Randy in Bow.



### PORK GREEN CHILI – CHILI VERDE

- 2 TBSP vegetable oil
- 3-4 lbs. pork butt
- 1 X-large white onion chopped
- 10 or more cloves of garlic chopped
- 1 cup chicken broth
- 2 16 oz. jars of green salsa / salsa verde
- 2 16 oz. jars of plain or roasted green chile
- 2 tsp. cumin
- 1 TBSP + 1 tsp. Mexican or regular oregano
- 2 tsp. mild chili powder
- 2 tsp. granulated garlic
- 2 TBSP lime juice
- 1/4 cup chopped cilantro
- Salt and black pepper
- 3 TBSP corn starch – optional for a thicker chili/stew



**\*\*Optional Toppings:** cilantro, chopped white onion, sliced cabbage, sour cream, sliced avocado, tortilla chips and lime wedges

Equipment needed: Large Crockpot, Large Cast Iron or Heavy Bottom Pan

Remove large pieces of fat or tendon from the pork butt. Cut it into 2-inch chunks. Salt and pepper pork. Heat a large cast iron or heavy bottom pan to hot, add 1 TBSP of the vegetable oil. Sear about half of the pork – do not crowd the pan or the meat will steam and not sear. Turn to sear on all sides and remove to a sheet pan or bowl. Add the remaining pork and do the same. It may take 3 batches depending on the size of your pan. You will not need more than the 2 TBSP of oil as the pork will release fat. (You can do this step ahead of time and refrigerate).

Into the crockpot add one jar each of the chile and salsa. Add half of the herbs, spices, onion, garlic and cilantro. Add the pork. Top with remaining salsa, chile, herbs, spices, onion, garlic and cilantro. Top with the chicken stock. Cover and cook on low for 6-7 hours or high for 4-5 hours. Be sure to taste and add salt at the end of cooking as some of the ingredients do contain salt already.

If you want a thicker consistency to your chili, half way through the cooking time, remove about 3/4 cup of liquid from the crockpot into a 2-cup measuring cup. Add the cornstarch and whisk to rid any lumps. Add back into the crockpot and stir to combine.

**\*\*I would recommend holding back on adding additional chili peppers to the crockpot. Waiting to add them freshly sliced on the side.**



603.801.5720

FULLY LICENSED AND INSURED

ERIC COOKE

ericcooke137@gmail.com

54 Woodhill Road

Bow NH 03304



[www.facebook.com/E.CookePlumbingandheating.com](http://www.facebook.com/E.CookePlumbingandheating.com)

### SELLAR CHIROPRACTIC CLINIC

DR. JOHN A. SELLAR, BS, DC  
Chiropractor

35 West Street Concord, NH 03301

[concordnhchiropractor.com](http://concordnhchiropractor.com)

[sellarchiropractic@yahoo.com](mailto:sellarchiropractic@yahoo.com)

PROADJUSTER

and  
Impulse Instrument

603-224-3883 Fax 603-224-6782

Voted the Region's #1 Chiropractor 2015- 15 years running.  
New Hampshire Magazine's Top Chiropractors of 2014 & 2015