

Dinner - Paleo

Spicy Pork Chili



SERVES: 4 PREP: 25 min. COOK: 3 hrs.

Ingredients

4 1/4 lb. boneless pork shoulder, fat removed

2 onions, finely sliced;

2 red chilies, seeded and finely chopped

2 bell peppers, sliced

4 garlic cloves, minced

28 oz. can diced tomatoes

1/4 cup chili powder

2 tbsp. smoked paprika

1 tbsp. ground cumin

1/4 tsp. ground cayenne pepper

Small bunch fresh oregano leaves, minced

3 tablespoons red wine vinegar

1/4 cup extra-virgin olive oil

Sea salt and freshly ground black pepper to taste

Preparation

1. Preheat your oven to 350° F.
2. Warm the olive oil in an ovenproof stew pot over a medium heat; then add the garlic, onions, and red chilies, and cook for 3 to 5 minutes or until the onions are soft.
3. Lower the heat and add the bell peppers, diced tomatoes, chili powder, smoked paprika, cumin, cayenne pepper, oregano leaves, and salt and pepper to taste.
4. Place the pork shoulder in the pot, give everything a little shake, then add the red wine vinegar, and pour in enough water to just cover the meat.
5. Bring to a boil, cover, and place in the oven for 3 hours.
6. The chili is done when you can easily break the meat apart with a fork.