

Mexican Chorizo

7.9% of calories from fat

This highly seasoned chop "meat" adds an amazing taste to dishes. Use this whenever you would use the "real thing!" It contains all whole foods and is amazingly low in fat.

Ingredients

- 4 ½ cups vegetable stock or broth (no added oils)
- 2 cups white onion, roughly chopped
- ¼ cup garlic, minced
- 7 De Arbol chiles (dried), stems and seeds removed
- 9 Guajillo chiles (dried), stems and seeds removed
- 4 New Mexico chiles (dried)
- 4 tablespoons raw chia seeds, ground in a mill or electric coffee grinder
- 2 tablespoons Mexican oregano
- 2 tablespoons salt
- 1 tablespoon black pepper, freshly ground
- 1 cup apple cider vinegar
- 3 cups pinto beans (3 cups of cooked beans or 2, 15-ounce cans, drained)
- 2 cups bulgar wheat, dry



Directions

If using dry pinto beans, instead of canned, soak the beans overnight in water. Rinse, drain, and pressure cook on high for 10 minutes using a quick release.

1. Sauté onions in 2 tablespoons of the broth in a pan over medium high heat for 7 minutes (add additional 2 tablespoon of broth, if dry). Add garlic and sauté for 30 seconds until fragrant. Remove from heat and add to a high-speed blender.
2. On a dry grill pan or fry pan, cook all the dried chiles on high heat for 1 minute or more, on each side. Some black spots create a charred taste. Remove from heat and place in a high-speed blender.
3. Add ground chia seeds, oregano, salt, black pepper, apple cider vinegar, and 4 cups of the broth to the high-speed blender. Blend until smooth. Place mixture in a slow cooker.
4. Pulse pinto beans in a food processor until just chopped, not homogenous. Transfer chopped beans to the slow cooker.
5. Add the bulgar wheat to the slow cooker. Mix together all ingredients in the slow cooker. Turn the cooker on low and cook for 4 hours. Remove to a storage container with a lid.
6. Refrigerate 8 hours.

Serves 18.

Nutritional Information: 170 calories per serving, ½ cup per serving, 1.5g total fat, 0g sat fat, 0g trans fat, 0mg cholesterol, 760 mg sodium, 31g total carbohydrate, 9g dietary fiber, 8g total sugars, 8g protein, 0mcg (0%) vitamin D, 81mg (6%) calcium, 2mg (10%) iron, 223mg (4%) potassium.