

Pork and Wild Rice Chili – Gibbs-California Wild Rice

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By Published: August 13, 2012

- **Yield:** 6 Servings

Going to the game? You'll score with this hearty dish. It's an easy one-course meal that will have tailgate partiers rushing back for more!

Recipe courtesy of: California Wild Rice Advisory Board

Nutrition per serving (without Monterey Jack cheese and cilantro): 301 cal; 37 g carb; 26 g pro; 7 g fat (20% cal from fat); 35 mg chol; 5 g fiber; 902 mg sod.

Ingredients

- 1 lb [boneless pork loin](#) cut into 1/2 in. cubes
- 1 [onion](#) chopped
- 1 tsp [oil](#)
- 1 tsp [oregano](#) crushed
- 2 cans (4 oz) [chopped green chilies](#)
- 3/4 cup [Gibbs-California Wild Rice](#)
- 2 cans (14.5 oz) [chicken broth](#)
- 1 can (18 oz) [white kernel corn](#) drained
- 2 cups [shredded Monterey Jack cheese](#) (optional)
- 6 sprigs [cilantro](#) (optional)

Instructions

1. In large saucepan, sauté pork and onion in oil over medium-high heat until onion is soft and pork lightly browned.
2. Add cumin, oregano, wild rice, chicken broth, corn and green chilies.
3. Cover and simmer 45 minutes or until rice is tender and grains have puffed open.
4. Serve garnished with cheese and cilantro, if desired.