

New Mexico Green Chile Stew

60 MINUTES PREP | 250 CALORIES | 12 INGREDIENTS



This is a traditional New Mexican stew, great after a walk on a cool, starry night.

Ingredients

- 4 large Hatch green chiles, roasted, peeled, and chopped
- 1.5 pounds boneless pork, cut into small cubes
- 2 tablespoons flour
- 2 tablespoons olive oil, divided
- 1/2 cup chopped onion
- 2 garlic cloves, minced
- 1 can (10 ounces) Rotel diced tomatoes and green chiles, drained
- 1 medium potato, peeled and cubed (optional)
- 1 cup (or more) chicken or beef broth
- 1 tablespoon garlic powder
- 1 teaspoon oregano
- 1 teaspoon ground cumin
- Salt and pepper as desired

Step by step

Step 1

- **Roast the Hatch green chiles until they blister. Let the chiles sweat, then peel, seed and chop.**

Step 2

- **Season the pork with garlic powder, salt and pepper and coat with flour.**

Step 3

- **Heat 1 tablespoon of oil in a in 4-quart Dutch oven with cover. Add the pork and cook on all sides until browned, about 5 minutes. Remove the pork to a plate and set aside.**

Step 4

- **Heat the remaining oil in the same pot, scraping up the bits with a wooden spoon. Add the onion and sauté for 3 minutes, stirring frequently to avoid burning. Add the garlic and sauté for 1 minute.**

Step 5

- **Add the Rotel tomato-chile mix, the roasted Hatch chiles and the potato; continue to sauté for 5 minutes.**

Step 6

- **Add the broth, oregano and cumin. Return the pork to the pot with its juices. Stir gently to incorporate the ingredients.**

Step 7

- **Bring to a boil. Cover and lower the heat to simmer for 30 minutes. Taste and season with salt and pepper if needed.**

Serving Suggestions: Serve with corn tortillas and a small side of frijoles de olla. Add a side of cucumber and radish salad. Garnish with chopped jalapeños for added spice! This green chile makes killer taquitos too!

Nutrition Information

Total grams per serving: 329 g; Calories 250; Total Fat 9 g (Sat 1.5 g, Trans 0 g, Poly 1 g, Mono 5 g); Cholesterol 65 mg; Sodium 770 mg; Total Carbohydrates 13 g; Dietary Fiber 2 g; Total Sugars 5 g; Includes 0 g Added Sugars; Protein 30 g; Vitamin D 0 mcg; Calcium 36 mg; Iron 3 mg; Potassium 965 mg.