

# Roasted Poblano Beef Stew

Yield: 6 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/rachael-ray-mexican-beef-stew-recipe>

## Ingredients:

- 5 poblano peppers
- 1 boneless beef chuck roast 2.5 to 3 pounds, cut into 1-inch cubes
- 2 tablespoons olive oil
- 1 onion medium, chopped
- 3 garlic cloves minced
- 32 ounces beef broth
- 14 1/2 ounces diced tomatoes I used Hunts Fire Roasted with garlic
- 1/3 cup fresh cilantro minced
- 2 teaspoons worcestershire sauce
- 1 tablespoon chili powder
- 1 teaspoon salt
- 1 teaspoon ground cumin
- 1/4 teaspoon red pepper flakes
- 1/2 teaspoon ground black pepper freshly
- 2 potatoes large, peeled and cut into 1-inch cubes

## Nutrition:

1. Calories: 590 calories
2. Carbohydrate: 18 grams
3. Cholesterol: 125 milligrams
4. Fat: 39 grams
5. Fiber: 3 grams
6. Protein: 40 grams
7. SaturatedFat: 14 grams
8. Sodium: 1040 milligrams
9. Sugar: 4 grams

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