

Green Chile Stew

Yield: 8 min
Total Time: 90 min

Recipe from: <https://www.recipeschoose.com/recipes/hatch-new-mexico-green-chile-stew-recipe>

Ingredients:

- 1 1/2 tablespoons coriander seeds toasted and ground
- 1 tablespoon olive oil or canola oil
- 1/2 pound sirloin trimmed with no fat
- pepper
- salt
- 1 onion large, chopped
- 3 large garlic cloves minced
- 3 cups crushed tomatoes
- 6 cups chicken stock
- 1 teaspoon oregano
- 1 pound potatoes cut into 1/2 inch cubes
- 3 cups new mexico green chile roasted, peeled, chopped
- salt to taste
- flour tortillas as a side

Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 34 grams
3. Cholesterol: 25 milligrams
4. Fat: 11 grams
5. Fiber: 7 grams
6. Protein: 15 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 650 milligrams
9. Sugar: 7 grams

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