

Green Chile Chicken Stew

Yield: 4 min
Total Time: 55 min

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

Ingredients:

- 3 tablespoons canola oil
- 3 chicken breasts cut into 1? pieces, About 1 ½ Pounds
- 6 garlic cloves Minced
- 2 onions Medium, Chopped
- 6 medium potatoes – Peeled & Cubed
- 8 cups chicken broth Low-sodium
- 1/2 cup green chile About 1 Oz Crushed Dried
- 1/2 cup chopped fresh cilantro
- 1/2 teaspoon ground cumin
- 1/2 teaspoon Mexican oregano Dried
- 1/2 teaspoon ground coriander
- 1/2 teaspoon freshly ground black pepper
- sea salt to Taste, once finished

Nutrition:

1. Calories: 650 calories
2. Carbohydrate: 68 grams
3. Cholesterol: 110 milligrams
4. Fat: 20 grams
5. Fiber: 8 grams
6. Protein: 53 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 560 milligrams
9. Sugar: 6 grams

Thank you for visiting our website. Hope you enjoy Green Chile Chicken Stew above. You can see more 20 green chile chicken stew recipe new mexico Dive into deliciousness! to get more great cooking ideas.