

# New Mexican Green Chile Chicken Stew (Gluten-Free)

Yield: 8 min  
Total Time: 60 min

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

## Ingredients:

- stew
- 3 tablespoons vegetable oil
- 1 onion large, peeled and finely chopped
- 2 orange bell peppers or red, seeded, stemmed and finely chopped
- 4 poblano peppers seeded, stemmed, and finely chopped
- 2 jalapeno peppers seeded, stemmed, and minced
- 2 cloves garlic peeled and finely minced
- 2 pounds chicken boneless, skinless, cut into 1/2-inch pieces
- 45 ounces red enchilada sauce cans, Hatch brand has a gluten-free version
- 2 cups low sodium chicken broth
- 3 tablespoons masa harina or corn flour
- 2 teaspoons ground coriander or to taste
- 2 teaspoons ground cumin or to taste
- 2 cups corn kernels use frozen if you can't get fresh
- 30 ounces black beans cans of, rinsed well and drained
- 1/2 teaspoon fine sea salt or kosher, or to taste
- 1/2 teaspoon freshly ground black pepper or to taste
- corn tortillas
- gluten
- sour cream
- sliced green onions Finely
- cilantro leaves Fresh, coarsely chopped, plus sprigs for color

## Nutrition:

1. Calories: 450 calories
2. Carbohydrate: 46 grams
3. Cholesterol: 80 milligrams

4. Fat: 11 grams
  5. Fiber: 13 grams
  6. Protein: 43 grams
  7. SaturatedFat: 2.5 grams
  8. Sodium: 2490 milligrams
  9. Sugar: 16 grams
- 

Thank you for visiting our website. Hope you enjoy New Mexican Green Chile Chicken Stew (Gluten-Free) above. You can see more 17 new mexican green chile chicken stew recipe Delight in these amazing recipes! to get more great cooking ideas.