

# New Mexico Green Chile Stew

Yield: 8 min  
Total Time: 75 min

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

## Ingredients:

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

## Nutrition:

1. Calories: 460 calories
2. Carbohydrate: 35 grams
3. Cholesterol: 70 milligrams
4. Fat: 25 grams
5. Fiber: 5 grams
6. Protein: 25 grams
7. SaturatedFat: 9 grams
8. Sodium: 690 milligrams
9. Sugar: 8 grams

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