

RECIPES

Naturally Healthy Green Chile Stew

In spite of using lower-fat ingredients, this version of New Mexico-style green chile ranks near the top of those I've tried, including the other green chile recipe on this site. The combination of pork tenderloin and lean ground beef allows both meats to become tender at the same time and provides a nice contrast of textures. There is no way to perfectly replicate the amazing flavor of New Mexico green chiles, especially those from Hatch, but blending a habanero chile with the broth brings the dish at least partway there. Unfortunately, I've found no canned chiles that work well, so, unless you have some good roasted frozen ones, you will need to roast and peel fresh ones yourself. If you have a gas stove put them on the burner until they are charred, or under a broiler, turning them to make sure they are fully charred. Put them in a plastic bag for about half an hour and then peel them. If you do not want the carbohydrates from the potatoes, you can replace them with carrots or hard tofu. Like so many other stews, this one tastes best if prepared a day in advance and refrigerated overnight, after which you will probably need to add some additional broth.



Ingredients

3 cloves garlic, minced or put through a garlic press
1 teaspoon dried leaf oregano
1/4 teaspoon ground cumin
2 tablespoons extra-virgin olive oil
2/3 cup chopped white onions
3/4 pound pork tenderloin, cut into 1/2–3/4-inch pieces
1/2 pound 96% lean ground sirloin
1 slice bacon, finely chopped
1/2 tablespoon all-purpose flour
1/2 cup chopped tomato

1 cup roasted, peeled, and chopped New Mexico green chiles, or substitute poblano or Anaheim chiles and 1 seeded habanero blended with the broth (Usually about 4 -6 chiles)

2 1/2 cups low-sodium chicken broth

1/2 teaspoon salt

1 1/2 cups peeled and chopped white potatoes

Directions

1. Make the seasoning paste. Grind the garlic, oregano, and cumin together in a molcajete or mortar and pestle and reserve.

2. Sear the onions. Heat a Dutch oven or similar-sized heavy pot over medium-high heat. Add 1/2 tablespoon of the oil and onions and stir-fry until the onions are soft and brown. Remove the onions and reserve.

3. Sear the meats. If you are not using New Mexico chiles, blend the seeded habanero with the broth

and reserve it. Add the remaining 1 1/2 tablespoons olive oil to the pot and add the pork. Allow the pork to sizzle until it is browned on the bottom, about 30 seconds, then stir-fry it until it has browned all over. Remove it from the pot and reserve. Lower the heat to medium and add the ground sirloin and bacon. Stir-fry, breaking the beef up with a spoon, until it has browned. Return the onions and browned pork to the pot, stir in the flour, and continue to cook, stirring almost constantly for another minute.

4. Finish the stew. Add the reserved garlic mixture, the tomato, green chiles, broth, and salt. Bring to a boil, cover the pot, and cook at a medium simmer for 30 minutes. Add the potatoes and cook, covered, for 20 minutes. Uncover the pot and continue simmering the stew until it is as thick as you like. If it becomes too thick, add a little more broth or water.

4 servings