

Guisado de Chile Verde (Green Chile Stew)

Yield: 6 servings

Cooking Time: Approximately 1 hour

Temperature: Medium, Low

Freezes well

Ingredients

2 pounds pork or beef, cubed

3 cups tomatoes

1/4 cup flour

2 cups water

2 tablespoons shortening

1/2 teaspoon garlic powder

2 large onions, chopped

2 teaspoons salt

3 cups chopped green chile*

Directions

1. Dredge the meat in flour.

Place the shortening in a heavy skillet and brown meat at medium heat.

Place meat in a large stewing pot.

2. Sauté the onions in the remaining shortening and add to stewing pot.

3. Add all remaining ingredients to stewing pot and simmer at low heat for 1 hour.

* Varied amounts may be used.