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Centennial Green Chili Stew

Classic old-world techniques meet rustic southwestern zing in this new-world dish.

- 2.5 lbs. beef chuck or pork cubes
- flour
- vegetable oil
- 1 med. onion, minced
- 1 large carrot, minced
- 3-4 cloves garlic, minced
- 4 cups low sodium beef or chicken stock
- 2 cups water
- oregano, cumin, bay leaf, salt and pepper
- 3/4 cup to 1 1/4 cup roasted, peeled and seeded chiles
- 2-3 lbs. carrots and potatoes; chunked

Heat 2 Tbs. oil in a heavy pan over medium heat. Toss stew meat in flour, shaking off excess and place a single layer of meat in pan to brown - do not turn until first side browns! Remove and repeat until all the meat is browned - reserve. Take care not to let brown bits in pan burn.

Refresh pan with vegetable oil, adding minced onion, carrot and garlic. Sauté and stir with a wooden spoon to release brown bits. When veggies begin to brown, add stock, water and meat along with peeled and seeded chiles. Season with approximately 1 tsp. each: oregano, cumin, salt and pepper along with 1 bay leaf (careful with the salt!) Bring to a boil then cover and simmer very slowly for 2-3 hours, stirring from time to time and skimming as needed.

Add chunked vegetables, to taste, then bring to a boil and skim. Reduce heat and simmer, taste and adjust seasoning. Partially cover and simmer slowly for 1-2 hours longer, cooking meat and veggies to desired consistency. Taste and adjust as needed.

Make a slurry of a scant 1/2 cup flour and 1 cup water. Slowly stir in desired amount and simmer 15-20 minutes longer to thicken, stirring often. Even better the next day.

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