

## SUNDAY'S GREEN CHILE STEW (MY HUSBAND'S FAVORITE)

*Total prep time: ~ one hour*

*Total cook time: one to two hours*

*Makes about 4 quarts of stew*

***Place the following ingredients into your pot and turn to medium-high heat***

1. 1 - roasted chicken (purchased from any grocery store) - deboned and cut into large cubes (definitely include the skin)
2. 1 - 16 oz can of white or yellow hominy with water
3. 4 - 4 oz cans of roasted and diced green chilies with water (or roasted fresh if you've got them)
4. Approx. 4 cups of chicken broth
5. 1 - beer (possibly a few sips shy if cooking makes you thirsty)

***In a separate fry-pan add and sauté***

1. 3 tablespoons of olive oil and 1 tablespoon of butter
2. 1 large sweet onion (diced)
3. 4 cloves of diced garlic

***Sauté the onion mixture until the onion is soft and slightly browned.***

***Combine the following items and add them to the sauté mixture***

1. 2 T Tabasco sauce
2. 1 t oregano
3. 2 t granulated garlic
4. 1 t powdered onion
5. 2 t powdered cumin
6. 1 t dried parsley
7. ½ t black pepper (coarse is better)
8. 2 T red chile powder

Saute the powdered items in the sauté mixture for a few minutes to heat and distribute the flavors, then add the sauté to the contents of the pot.

Let the stew heat up to almost boiling or to boiling then turn the stove to low-medium low and allow to slow cook anywhere from an hour to 2 hours.

Add ~4 stiff (not quite ripe) diced romanos and a handful of chopped cilantro to the slow-cooking stew as soon as you reduce the heat.

### ***The Secret ingredient***

Adding smoky, dark red chilies to this stew really makes it divine and is my secret ingredient. My favorites are dried Mulatos from central Mexico (chocolate-like flavor) or Pasillas de Oaxaca (pungent and fruity). Dried anchos may be substituted if need be but it just won't be the same.

You can get dried Mulatos and Pasillas de Oaxaca from the Native Seed Search web site at:

[www.nativeseeds.org](http://www.nativeseeds.org)

Native Seeds Search

526 N. 4<sup>th</sup> Ave, Tucson, AZ

The dried chilies are very cheap and they arrive quickly in the mail. You might also experiment with other lovely flavors available at Native Seeds.

Depending upon your tolerance for hot dishes, use 1 or 2 of the chilies crushed (you can use a coffee grinder). Toast the crushed chilies in a dry fry pan for just a few minutes to bring out the flavor before tossing them in with the rest of the dried ingredients for the sauté.

Best served with corn tortilla quesadillas on the side

Enjoy

### **Baked Chicken**

Any recipe will do, but what I like is to infuse the chicken with butter, honey, and red chile powder. Create a paste with these three ingredients, then rub the entire chicken (being sure to get under and over the skin) with it before baking. Also place sliced cloves of garlic beneath the skin. Don't be shy with the paste - the more the better!! Cover the lid tightly and slow bake