



Green Chile-Chicken Stew

 Gluten Free  Dairy Free

READY IN



120 min.

SERVINGS



10

CALORIES



508 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bay leaves whole
- 1 tablespoon peppercorns whole black
- 30 oz beans white drained canned
- 3 tablespoons canola oil
- 3 lbs meat from a rotisserie chicken cut into 8 pieces
- 4 new mexico chiles green stemmed halved seeded
- 1 lb regular corn frozen drained
- 2 tablespoons garlic minced

- 2 bell peppers green stemmed halved seeded
- 1 tablespoon ground coriander
- 1 tablespoon ground cumin
- 10 servings lime wedges chopped
- 5 teaspoons salt
- 4 serrano chiles stemmed halved seeded
- 28 oz tomatillos whole drained roughly chopped canned
- 2 large onions yellow chopped
- 24 oz posole drained canned
- 24 oz posole drained canned

Equipment

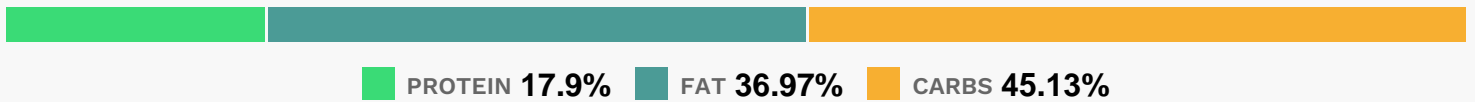
- oven
- pot
- sieve
- baking pan

Directions

- Put chicken in a large pot with bay leaves, peppercorns, and 2 tsp. salt.
- Add water to cover chicken by 2 inches. Bring to a boil over high heat, then reduce heat to a simmer and cook, adding water as needed to keep chicken covered, until chicken is cooked through, 35 to 45 minutes.
- Remove chicken from pot and let cool.
- Pour broth through a strainer and reserve; discard spices. When broth is cooled, skim off as much fat as you can.
- Preheat oven to 40
- Spread corn in a baking pan and roast until it begins to turn bronze, 15 to 20 minutes.
- Remove from oven and let cool.
- Reset oven heat to broil. Arrange peppers and chiles, cut side down, in 2 baking pans and broil 4 to 5 inches from the heat until skins are black, 5 to 8 minutes (remove each as it blackens).

- Let cool, then peel and coarsely chop.
- Heat canola oil in a large pot over medium-high heat.
- Add onions, garlic, spices, and remaining 3 tsp. salt and cook, stirring, until onions are translucent, 4 minutes.
- Add peppers, chiles, and corn and cook 3 minutes.
- Add posole, beans, tomatillos, and 7 cups of reserved cooking broth; freeze remaining broth for later use. Bring stew to a boil, then reduce heat to a simmer and cook 10 minutes.
- When chicken is cool enough to handle, remove skin and discard. Use 2 forks to shred meat off bone.
- Add meat to pot and simmer until chicken is warmed through, about 10 minutes.
- Serve topped with lime wedges, cilantro leaves, and tortilla chips.

Nutrition Facts



Properties

Glycemic Index:13.5, Glycemic Load:5.3, Inflammation Score:-7, Nutrition Score:22.486086684725%

Flavonoids

Luteolin: 1.23mg, Luteolin: 1.23mg, Luteolin: 1.23mg, Luteolin: 1.23mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 7.03mg, Quercetin: 7.03mg, Quercetin: 7.03mg, Quercetin: 7.03mg

Nutrients (% of daily need)

Calories: 507.61kcal (25.38%), Fat: 21.59g (33.21%), Saturated Fat: 4.2g (26.24%), Carbohydrates: 59.3g (19.77%), Net Carbohydrates: 48.77g (17.73%), Sugar: 6.16g (6.84%), Cholesterol: 48.99mg (16.33%), Sodium: 1371.37mg (59.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.51g (47.03%), Vitamin C: 38.85mg (47.09%), Manganese: 0.9mg (45.21%), Fiber: 10.53g (42.14%), Vitamin B3: 7.25mg (36.26%), Phosphorus: 330.34mg (33.03%), Magnesium: 122.27mg (30.57%), Vitamin B6: 0.6mg (29.77%), Potassium: 1036.51mg (29.61%), Iron: 5.14mg (28.58%), Folate: 95.21µg (23.8%), Vitamin K: 24.17µg (23.02%), Vitamin E: 3.04mg (20.23%), Copper: 0.4mg (20.07%), Selenium: 13.36µg (19.09%), Zinc: 2.86mg (19.08%), Vitamin B1: 0.28mg (18.64%), Vitamin B5: 1.42mg (14.24%), Calcium: 133.21mg (13.32%), Vitamin B2: 0.22mg (12.99%), Vitamin A: 310.21IU (6.2%), Vitamin B12: 0.2µg (3.37%)