

Green Chile Stew

 Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



221 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.8 cup mild chiles fresh green frozen with or canned) canned
- 2 teaspoons chili powder green
- 0.3 cup flour
- 1.5 cups regular corn frozen canned (prefer cut off cob, but can substitute or)
- 0.5 cup chiles fresh green frozen with or canned) hot canned
- 8 ounces ground beef fresh
- 6 servings kosher salt and pepper black freshly ground
- 1 large potatoes

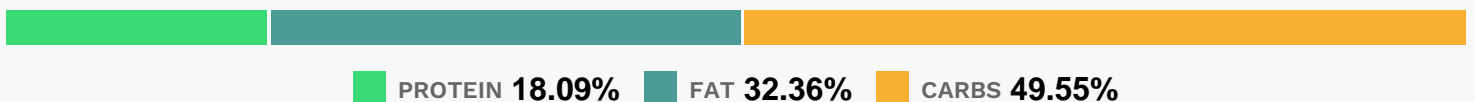
Equipment

- bowl
- frying pan
- pot
- stove

Directions

- Start by peeling and cubing the potato into 1/2-inch diameter pieces and set aside.
- Next, in a saute pan on medium heat, cook the ground beef and lightly sprinkle with salt and pepper.
- While the beef is cooking, place 4 cups water in a stock pot with the potatoes and bring to a boil. Cook the potatoes until fork tender; do not cook until the potatoes mash.
- When all the rawness is cooked out of the beef, turn off the heat. Slowly add the flour while mixing into the beef in order to make a roux.
- Mix the flour into the beef completely until no dry flour remains. (Depending on the fat ratio of the beef, you may need to add more or less flour. This all depends on how thick you want your stew in texture.)
- Once your roux is complete, add to the stockpot with the cooked potatoes. The meat may be in large pieces, so with a large spoon, break up into desired size. Once the meat is fully broken down, add the green chiles, corn, green chili powder, 2 teaspoons salt and 2 teaspoons black pepper. Fully mix all the ingredients and place the stockpot back on the stove top. Bring up to temperature on medium heat. Once the soup is at proper serving temperature, serve in medium bowls and enjoy. Feel free to add cheese or sour cream if desired.
- Optional serving suggestions: grated cheese, sour cream.

Nutrition Facts



Properties

Glycemic Index:39.29, Glycemic Load:12.33, Inflammation Score:-6, Nutrition Score:12.610434822414%

Flavonoids

Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 221.13kcal (11.06%), Fat: 8.22g (12.64%), Saturated Fat: 3.01g (18.78%), Carbohydrates: 28.32g (9.44%), Net Carbohydrates: 24.89g (9.05%), Sugar: 1.54g (1.71%), Cholesterol: 26.84mg (8.95%), Sodium: 89.84mg (3.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.34g (20.67%), Vitamin C: 46mg (55.75%), Vitamin B6: 0.5mg (25.17%), Vitamin B3: 3.73mg (18.67%), Potassium: 577.47mg (16.5%), Phosphorus: 149.66mg (14.97%), Zinc: 2.18mg (14.57%), Fiber: 3.43g (13.72%), Vitamin B12: 0.81µg (13.48%), Manganese: 0.27mg (13.48%), Folate: 52.47µg (13.12%), Iron: 2.29mg (12.71%), Selenium: 8.81µg (12.58%), Vitamin B1: 0.18mg (11.93%), Magnesium: 41.24mg (10.31%), Vitamin B2: 0.17mg (10.13%), Vitamin A: 394.19IU (7.88%), Copper: 0.15mg (7.63%), Vitamin B5: 0.58mg (5.78%), Vitamin K: 5.36µg (5.11%), Vitamin E: 0.55mg (3.67%), Calcium: 26.31mg (2.63%)