



Puebla Chicken and Potato Stew

 Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



769 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 teaspoons chipotles in adobo canned chopped
- ☐ 14 oz frangelico whole canned
- ☐ 2 lb strips. with skin and bone)
- ☐ 4 servings corn tortillas
- ☐ 0.5 cup pecorino crumbled
- ☐ 2 garlic clove peeled (not)
- ☐ 1 teaspoon oregano dried (preferably Mexican)
- ☐ 1 lb potato boiling

- ☐ 2 teaspoons salt
- ☐ 1.5 oz chorizo dried spanish finely chopped (spicy cured pork sausage)
- ☐ 1 tablespoon vegetable oil
- ☐ 6 cups water
- ☐ 1 large onion white quartered

Equipment

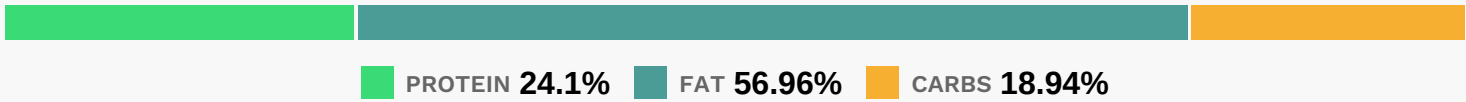
- ☐ frying pan
- ☐ pot
- ☐ blender
- ☐ tongs

Directions

- ☐ Bring chicken, water, 2 onion quarters, and 1 teaspoon salt to a boil, covered, in a 4- to 5-quart pot over moderately high heat. Boil 10 minutes, then remove from heat and let stand, covered, until chicken is just cooked through, about 10 minutes.
- ☐ Transfer chicken to a plate, reserving broth with onion. When cool enough to handle, coarsely shred chicken, discarding skin and bones.
- ☐ While chicken is cooking, heat a dry well-seasoned small cast-iron skillet over moderate heat until hot, then brown garlic and remaining 2 onion quarters on all sides, turning with tongs, about 5 minutes. Peel garlic and transfer with onion to a blender.
- ☐ Add tomatoes with juice, chiles, and oregano, then purée until smooth.
- ☐ Cook chorizo in oil in a 12-inch heavy skillet over moderately high heat, stirring, until fat is rendered, about 2 minutes. Carefully add purée (it will splatter and steam) and cook, stirring frequently, until thick, about 10 minutes.
- ☐ Peel potatoes and cut into 3/4-inch pieces, then add to reserved broth with remaining teaspoon salt. Simmer, covered, stirring occasionally, until potatoes are almost tender, about 10 minutes.
- ☐ Add potatoes and onions to chorizo mixture along with 2 cups broth (save remainder for another use). Stir in chicken and simmer 10 minutes.
- ☐ Serve sprinkled with cheese.

*Available at Latino markets and some specialty foods shops.

Nutrition Facts



Properties

Glycemic Index:41.88, Glycemic Load:6.2, Inflammation Score:-8, Nutrition Score:25.195217510928%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.38mg, Quercetin: 8.38mg, Quercetin: 8.38mg, Quercetin: 8.38mg

Nutrients (% of daily need)

Calories: 769.01kcal (38.45%), Fat: 48.53g (74.66%), Saturated Fat: 14.38g (89.86%), Carbohydrates: 36.31g (12.1%), Net Carbohydrates: 31.37g (11.41%), Sugar: 3.73g (4.15%), Cholesterol: 244.71mg (81.57%), Sodium: 1415.31mg (61.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 46.21g (92.42%), Selenium: 49.48µg (70.69%), Vitamin B3: 12.33mg (61.67%), Phosphorus: 572.04mg (57.2%), Vitamin B6: 1.11mg (55.49%), Potassium: 1129.11mg (32.26%), Vitamin B5: 2.77mg (27.75%), Zinc: 4.04mg (26.95%), Vitamin B12: 1.56µg (25.95%), Vitamin B2: 0.43mg (25.08%), Magnesium: 99.22mg (24.81%), Vitamin B1: 0.31mg (20.62%), Fiber: 4.95g (19.79%), Copper: 0.39mg (19.71%), Manganese: 0.38mg (19.21%), Iron: 3.41mg (18.94%), Vitamin K: 17.93µg (17.08%), Vitamin C: 13.01mg (15.77%), Calcium: 145.4mg (14.54%), Folate: 40.59µg (10.15%), Vitamin A: 370.92IU (7.42%), Vitamin E: 0.97mg (6.48%), Vitamin D: 0.29µg (1.93%)