

Navajo Green Chili Stew



Servings: 8

3 pounds pork shoulder, fat and bone removed (reserve the fat), cut into 1/2 inch cubes*

1/3 cup unbleached all-purpose flour

2 1/2 teaspoons salt

3 medium-size onions, coarsely chopped

4 medium-size cloves garlic, finely chopped

3 medium potatoes, peeled and cubed

1/2 teaspoon dried Mexican oregano#

20 fresh green chiles%, parched, peeled, and cut crosswise into 1 inch wide strips (to equal about 4 cups)

Cuisine: Navajo

Melt the pork fat in a heavy straight-sided 5-quart pot over medium high heat.

Combine the flour and salt in a paper bag. Add the pork cubes and shake bag to coat them with flour. Shake the excess flour off the pork cubes. Add the pork to the pot, a third at a time, and cook, stirring, until the cubes are evenly browned on all sides, 2 to 3 minutes per side. As they are browned, transfer the pork cubes to a bowl and set aside.

Add the onions and garlic to the pot and cook, stirring occasionally, until the onions are translucent, about 5 minutes.

Return the pork to the pot, stir in the potatoes and 3 cups water, and bring to a boil. Then lower the heat, cover the pot, and simmer for 30 minutes.

Uncover the pot, add the chiles and oregano, and cook for another 30 minutes. Taste, and adjust the seasoning as needed.

** We use tenderloins of pork with most fat already removed. We use olive oil rather than the pork fat for rendering.*

Substitute 1 tsp regular oregano for the Mexican oregano.

% If you can't find fresh chiles, use 2 cans (4 ounces each) diced chilies, such as Hatch..

Per Serving (excluding unknown items): 36 Calories; trace Fat (1.1% calories from fat); 1g Protein; 8g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 3mg Sodium. Exchanges: 1/2 Grain(Starch).