

Chicken and Potato Green Chili Stew



Sirve:

6-8 servings

Pieza:

6 Qt. Grand Gourmet with Cover (Limited Edition)
Saladmaster Food Processor

Valora: ☆☆☆☆☆

Contribuido por:

Cathy Vogt

Green chili and tomatillo salsa is a delicious and easy base for this spicy stew. Shredded zucchini blends perfectly into the sauce base adding more flavor and extra nutrition to the stew. Serve this with a large fresh green salad.

Agregar un Comentario

2 ½ lbs
boneless chicken thighs, trimmed excess fat
1 medium
onion, strung, use Cone #2
2 cups
zucchini, strung, use Cone #2
2 tsp
garlic, granulated
(3
9)
1 tbsp
cumin powder
(2
9)
2 tsp
oregano, dried
1 tsp
natural salt
2 lb
red potato, scrubbed, cut into chunks
2 cups
tomatillo and green salsa
1 cup
chicken stock
2 tbsp
lime juice
Optional
cilantro, chopped

Preparación :

1. Preheat skillet over medium heat for 7-9 minutes or until a sprinkle of water skitters and dissipates.
2. Cook chicken thighs for 5-6 minutes on each side until browned. Don't worry if chicken is not fully cooked. Remove chicken from pan, along with any juices and place in a clean

dish.

3. Sauté onions and zucchini for 2-3 minutes, add red potato.
4. Sprinkle garlic, cumin, oregano and salt over vegetables and stir.
5. Add chicken and any juices that have accumulated in dish to pan.
6. Pour tomatillo salsa and chicken stock over the top.
7. Place cover on skillet and when Vapo-Valve™ begins to click steadily, turn heat to low and cook for 15-25 minutes until chicken is cooked through and potatoes are soft.
8. Taste and add lime juice and any additional seasonings as desired.
9. Optional: Serve lime wedges and chopped cilantro to add to stew.

Información nutricional por ración

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Calorías:	246
Grasa Total:	6g
Grasa	2g
Saturada:	
Colesterol:	37mg
Sodio:	813mg
Carbohidratos:	36g
Fibra	5g
Dietética:	
Azúcar:	4g
Proteína:	21g