

## Chile Verde Stew - by Paula Hendricks, Nutrition Consultant



Craving something warm and spicy? Try this delicious winter stew that warms you up on those rainy winter nights. It's easy to make, low-calorie, and makes a perfect left-over meal for lunch, too. Just pull out the slow cooker or crock pot, put the ingredients in at morning time and let it simmer all day for a delicious evening meal. If you are on the maintenance diet, enjoy a low-carb quesadilla on the side. Enjoy on any of the Key Diets.

### Ingredients you will need:

All ingredients below can be found at most grocery stores -

- Two pounds lean pork tenderloin, cut into 1 inch cubes
- One pound lean pork shoulder, cut into 1 inch cubes (all visible fat cut off)
- One 32 oz container fat free chicken broth
- One 28 oz can La Victoria green chile enchilada sauce
- One 14 oz can Hunts fire roasted diced tomatoes
- Two 7 oz cans Ortega fire roasted whole green chiles\*, diced
- One medium onion, diced, about 1 cup
- 3 garlic cloves, diced
- 2 tsp. Mexican seasoning, dried
- Fresh cilantro, diced
- Knudsen's Light Sour Cream

### Instructions:

1. Put first 9 ingredients into a 6-quart slow cooker.
2. Turn cooker setting to high and set timer for 2 hours. After 2 hours, turn setting to low and cook for 4-6 more hours. If you are going to be away from home, turn setting to low and set timer for 8-10 hours.
3. When stew is ready (meat will be very tender), put a 1 ½ cup serving of stew in a soup bowl.
4. Garnish with fresh diced cilantro and 1 teaspoon of light sour cream.

**Nutritional Analysis:** Per 1 ½ cup serving; approximately 212 calories, 28 grams of protein, 10 grams of carbohydrates, and 7 grams of fat.

**Variations:** \*Replace canned Ortega chiles with 4 fresh Pasilla chiles. To prepare, place chiles in oven and broil until skin is blackened, i.e. fire-roasted, or place chiles directly on gas stove top – turn frequently. Slice open; remove seeds and stem. Dice – makes about 1 ½ cups.

**Side Dish:** Add a low-carb quesadilla to your meal. You will need one package of Mission brand carb balance tortillas, fajita size (80 calories – 8 grams of dietary fiber, or 32 calories, 48 effective calories each), and one package Kraft 2% shredded Mexican style four cheese, 2 T per tortilla (40 calories). Total calories = 88/serving.