

Red Chile Stew

Rating: ★★★★★

Makes: 8 servings

Ingredients

2 pounds pork (cut into small pieces save some fat)
5 dried red chiles
1 teaspoon oregano
1/2 teaspoon garlic powder
salt (to taste, optional)

Directions

1. Wash chiles, removing stems and seeds. Place in blender with 1 cup water and blend into paste.
2. Put pork fat into deep skillet until there is enough on the bottom of the skillet to prevent meat from sticking. Discard remaining fat.
3. Brown pork lightly. Add the chile paste and mix well, adding water if mixture is too thick. Add oregano and garlic. Cover pan and simmer slowly for one hour.

USDA Food Distribution Program on Indian Reservations, A River of Recipes Native American Recipes Using Commodity Foods

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	230	
Total Fat	14 g	22%
Protein	23 g	
Carbohydrates	1 g	0%
Dietary Fiber	0 g	0%
Saturated Fat	5 g	25%
Sodium	55 mg	2%