

PUEBLO GREEN CHILE STEW (WITH MODIFICATIONS)

by

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Ingredients

1½ -2 lb. sliced Boston Butt, cut off as much fat as possible, boned, and cut into cubes
2 4oz cans Green Chilies, diced
2 cans Mexican-Style Stewed Tomatoes (with cumin, jalapenos, and garlic added)
2 15oz cans Whole Kernel Corn, drained
½-1 cup Mushrooms, sliced
1 can (2 cups) Low Fat Chicken Broth
1 very large Onion, diced
1 tsp Crisco Spice Vegetable Oil
2 tsp Cumin
1 tsp Dried Oregano
3 medium Potatoes, diced

Directions

In large skillet, brown Boston Butt and diced onion with Spicy Oil, drain.
Add to other ingredients and simmer for one hour on stove or crockpot until done.

Makes 8 servings

Original recipe from National Pork Producers
(Above recipe modified from original.)

Nutrition facts per serving:

326 calories, 32g protein, 13g fat, 20g carbohydrate, 74mg cholesterol and 1170mg sodium (??),