

Beef

Roasted Poblano Beef Stew

Taste of Home - June/July 2011

Servings: 8

Preparation Time: 40 minutes

Cook time: 2 hours

5 poblano peppers

1 2 to 3 pound boneless beef chuck roast, cut into 1-inch cubes

2 tablespoons olive oil

1 medium onion, chopped

3 cloves garlic, minced

1 carton (32 oz) beef broth

2 medium tomatoes, chopped

1/3 cup fresh cilantro, minced

1 tablespoon chili powder

1 teaspoon salt

1 teaspoon ground cumin

1/2 teaspoon pepper

2 large potatoes, peeled and cut into 1-inch cubes

Broil the poblano peppers at a distance of 4-inches from the heat until the skins blister, about 5 minutes. With tongs, rotate the peppers a quarter turn. Broil and rotate until all sides are blistered and blackened. Immediately place the poblanos in a small bowl. Cover and let stand for 20 minutes.

peel off and discard the charred skins. Remove the stems and seeds. Coarsely chop the poblanos.

In a Dutch oven, brown the beef in oil in batches. Remove and keep warm.

In the same pan, saute' the onion until tender. Add the garlic and cook 1 minute longer.

Gradually add the broth. Stir in the tomatoes, cilantro, chili powder, salt, cumin, pepper, poblanos and beef. Bring to a boil. Reduce the heat. Cover and simmer for 1 1/2 hours or until beef is tender.

Add the potatoes. Cook for 10- to 15 minutes longer until the potatoes are tender. Skim off any fat.

Per Serving (excluding unknown items): 94 Calories; 4g Fat (34.1% calories from fat); 3g Protein; 13g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 445mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1 Vegetable; 1/2 Fat.