

# Mexican Chicken Stew with Ancho Chilies

*Fresh Ways with Soups & Stews*  
*Time-Life Books*

## **Servings: 4**

*4 cups unsalted chicken stock*  
*2 dried ancho chili peppers, stemmed, seeded, rinsed and quartered*  
*4 (about one pound) boneless chicken breast halves, skinned and cut into 1-inch cubes*  
*1 teaspoon salt*  
*1/4 teaspoon freshly ground black pepper*  
*1 1/2 tablespoons corn or safflower oil*  
*1 tablespoon garlic, finely chopped*  
*1/2 teaspoon ground cumin*  
*1/8 teaspoon ground cloves*  
*12 ounces chayote squash OR young zucchini, cut into 1/2-inch chunks*  
*1 onion, coarsely chopped*  
*2 tablespoons cornstarch, mixed with two tablespoons water*  
*2/3 cup cilantro, chopped*

## **Preparation Time: 25 minutes**

Bring one cup of the stock to a boil in a small saucepan. Add the chilies, then reduce the heat, cover the pan, and simmer the liquid for 5 minutes. Turn off the heat and let the mixture stand for 5 minutes. Puree' the chilies in a blender or food processor with 1/4 cup of the liquid. Blend in the remaining liquid and then set the puree' aside.

Toss the chicken cubes with the salt and pepper. Heat one tablespoon of the corn or safflower oil in a large, heavy-bottomed skillet over medium-high heat. Add the chicken cubes and saute' them, stirring frequently, until the cubes are browned - about 2 minutes. Remove the cubes and set them aside.

Reduce the heat under the skillet to low. Add the remaining 1/2 tablespoon of oil, the garlic, cumin and cloves. Cook, stirring constantly, until the garlic has softened - about 3 minutes. Add the chili puree' and the remaining three cups of stock.

Bring the liquid to a boil, then add the squash and onion. Reduce the heat, cover the skillet and simmer the mixture for 10 minutes. Remove the lid and increase the heat to medium. Add the reserved chicken cubes then stir in the cornstarch mixture. Simmer the stew until it thickens slightly and is shiny - 3 to 4 minutes. Stir in the cilantro just before serving.

Start to Finish Time: 45 minutes

*This soup is best served over rice. If you like, scatter hulled pumpkin seeds on top.*

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Per Serving (excluding unknown items): 33 Calories; trace Fat (7.4% calories from fat); 1g Protein; 7g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 544mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fat.

**Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	33	<b>Vitamin B6 (mg):</b>	trace
<b>% Calories from Fat:</b>	7.4%	<b>Vitamin B12 (mcg):</b>	0mcg
<b>% Calories from Carbohydrates:</b>	78.8%	<b>Thiamin B1 (mg):</b>	.1mg
<b>% Calories from Protein:</b>	13.8%	<b>Riboflavin B2 (mg):</b>	.1mg
<b>Total Fat (g):</b>	trace	<b>Folacin (mcg):</b>	trace
<b>Saturated Fat (g):</b>	trace	<b>Niacin (mg):</b>	1mg
<b>Monounsaturated Fat (g):</b>	trace	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	trace	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	0mg	<b>% Refuse:</b>	n n%
<b>Carbohydrate (g):</b>	7g	<b>Food Exchanges</b>	
<b>Dietary Fiber (g):</b>	1g	<b>Grain (Starch):</b>	1/2
<b>Protein (g):</b>	1g	<b>Lean Meat:</b>	0
<b>Sodium (mg):</b>	544mg	<b>Vegetable:</b>	0
<b>Potassium (mg):</b>	229mg	<b>Fruit:</b>	0
<b>Calcium (mg):</b>	70mg	<b>Non-Fat Milk:</b>	0
<b>Iron (mg):</b>	2mg	<b>Fat:</b>	0
<b>Zinc (mg):</b>	trace	<b>Other Carbohydrates:</b>	0
<b>Vitamin C (mg):</b>	28mg		
<b>Vitamin A (i.u.):</b>	924IU		
<b>Vitamin A (r.e.):</b>	92 1/2RE		

**Nutrition Facts**

Servings per Recipe: 4

**Amount Per Serving**

**Calories** 33 **Calories from Fat:** 2

**% Daily Values\***

<b>Total Fat</b>	trace	0%
Saturated Fat	trace	0%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	544mg	23%
<b>Total Carbohydrates</b>	7g	2%
Dietary Fiber	1g	3%
<b>Protein</b>	1g	
<b>Vitamin A</b>		18%
<b>Vitamin C</b>		46%
<b>Calcium</b>		7%
<b>Iron</b>		13%

\* Percent Daily Values are based on a 2000 calorie diet.