

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.

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

Calories (kcal):	33
% Calories from Fat:	7.4%
% Calories from Carbohydrates:	78.8%
% Calories from Protein:	13.8%
Total Fat (g):	trace
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	7g
Dietary Fiber (g):	1g
Protein (g):	1g
Sodium (mg):	544mg
Potassium (mg):	229mg
Calcium (mg):	70mg
Iron (mg):	2mg
Zinc (mg):	trace
Vitamin C (mg):	28mg
Vitamin A (i.u.):	924IU
Vitamin A (r.e.):	92 1/2RE

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	trace
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	1/2
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	0
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 33 Calories from Fat: 2

% Daily Values*

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

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