



Green Chili Stew

6 to 8 servings

Ingredients

- 2 pounds boneless beef chuck, cut in 1-inch cubes
- 2 tsp. olive oil
- 2 cloves garlic, minced
- 1 medium onion, diced
- 2 cans (1lb. 12oz. each) tomatoes
- 1 can (7 oz.) green chili seeded and chopped
- ¼ cup fresh parsley, chopped
- ½ tsp. honey
- ¼ tsp. ground cumin
- 1 cup beef broth
- 1 tsp. lemon juice
- salt to taste

Preparation

1. Brown the meat on all sides in a large frying pan.
2. Remove meat with a slotted spoon and set aside.
3. Throw away drippings, add the olive oil, and cook the bell pepper, onion, and garlic until soft.
4. In a large pot, pour in the tomatoes with the liquid. Break up the tomatoes with a spoon.
5. Add the chili, parsley, honey, cloves, cumin, lemon juice, and broth.
6. Bring to a boil, and then reduce heat to simmer.
7. Add all of the ingredients together, cover, and cook over low heat for 1 ½ hours, stirring occasionally.
8. Remove the cover and simmer for 1 more hour or until meat is tender.