



Green Chile Stew

Ingredients

3 T cooking oil
1 onion, diced
1 garlic clove, minced
1 tsp oregano
4 C homemade flavorful chicken stock (see below) or canned chicken broth
1 C [green chiles, roasted, prepared and diced](#)
Cooked chicken meat, bones removed or cooked pork tenderloin and cut into large chunks
3 red potatoes, washed and cut into large chunks
2 T cornstarch, dissolved in 2 T water
Salt and pepper, to taste

Preparation

In a heavy pot, heat the oil and add the onion. Saute for 5 minutes on low heat, then add garlic and sauté another 3 minutes. Add the oregano, stock, green chiles, cooked meat of your choice and potatoes. Simmer for 30 minutes, or until the potatoes are tender. Increase the heat for a few minutes to boil. Add the cornstarch in water mixture. Reduce back to simmer for 10 minutes. The sauce will thicken.

Flavorful Chicken Stock

Ingredients

8 C water
1 roasted chicken (we use [Big Flavor Roasted Chicken](#)), breast, thigh and drumstick meat removed
1 onion, diced
1 garlic clove, minced
1 tsp. oregano
1 tsp. cumin
Salt and pepper to taste

Preparation

In a large pot, place the roasted chicken (with meat removed) and cover with water. Bring to a boil and reduce to simmer. Add onion, garlic, oregano, cumin, salt and pepper. Cook for 2 hours. Pour broth through a strainer.