

GREEN CHILE STEW

Ingredients

1 Tbsp. corn or canola oil
1 lb. beef sirloin, beef round or flank steak
cut into 1/2-inch cubes, all visible fat
discarded
1 small onion (yellow or white)
2 clove minced garlic
2 Tbsp. whole-wheat flour

2 cups fresh tomatoes (chopped)
2-3 oz. no-salt-added, canned green chiles
1 jalapeño or Serrano pepper, chopped
(optional)
1/2 tsp. black pepper
2 cup low-sodium, fat-free chicken broth

Directions

- In a stew pot, heat oil over medium-high heat and add beef. Stir occasionally, until browned – about 5 minutes.
- Stir in onion and garlic, cooking 2-3 minutes until onions begin to be translucent.
- Add flour, stirring until well mixed.
- Add all remaining ingredients and stir well.
- Reduce heat to medium-low, cover and simmer for 1 hour.