

# Taco Stew

December 12th, 2020

**This recipe serves: 8**

Prep Time: 01:00

Cook Time: 00:30

Taco Stew is an easy to make dish without a long preparation time.

## Ingredients:

3 pounds Chuck Roast, cut into large bite-sized cubes  
1 Teaspoon Olive Oil  
1 Teaspoon Butter  
1 Onion, chopped  
2 Cups of Water  
1 Cup of Chicken Stock or Vegetable Stock  
2 Cloves (1 Teaspoon) Garlic, finely minced or 1/4 Teaspoon Garlic Powder  
1/4 Cup Vegetable Stock  
2 Medium Tomatillos (4 ounces), husks removed  
1 Poblano Pepper, Seeds and stem removed  
1 Red Bell Pepper, Seeds and stem removed  
1 Red Bell Pepper, cubed  
1 Yellow Bell Pepper, cubed  
1 Can Fire Roasted or Stewed Tomatoes  
1 Can Kidney Beans or Black Beans  
1/2 Cup (5 Ounce) Sweet Corn  
2 Tablespoons (1 Ounces) Cilantro, finely chopped  
1/2 Teaspoon Ground Cumin  
1/2 Teaspoon Smoked Paprika  
1/2 Teaspoon Ground Annatto  
1 Lime (1 Tablespoon), juiced  
3 Scallions, finely chopped  
Shredded Cheese

## Directions:

Oven roast the Tomatillos, the Poblanos, and 1 Pimento (Red Bell Pepper).

Remove from the oven and pulse in a blender with Vegetable Stock until mostly liquefied. Set aside.

Set a large (5 Quart) Dutch Oven over medium heat.

Heat 1 Teaspoon Olive Oil and the Butter over medium-high heat.

Add each Chuck Roast Cubes into the pan. Make multiple batches, if necessary, to prevent overcrowding in the pot.

Use tongs to rotate each cube and brown on all sides.

Remove from the pot and set the meat aside.

Drain all the liquid from the Sweet Corn.

Add 1 Tablespoon of Olive Oil to the pot.

Pan-roast the Corn over medium-high heat, stirring frequently, until it begins to turn a golden brown. Set aside.

If necessary, add another Tablespoon of Olive oil to the pan.

Sweat the Onions over medium-low heat until they become slightly translucent.

Add the Paprika and stir for about 30 seconds to activate the aroma.

Preheat the oven to 350°.

Add 2 Cups of Water

Add 1 Cup of Chicken Stock or Vegetable Stock

Stir in the Garlic, the roasted Corn, and the canned Tomato with all the juices from the can.

Add the Cumin and the Annatto.

Rinse the Canned Beans and drain all the liquid. Add the beans to the pot and stir.

Add the roasted Tomatillo, roasted Poblano, and roasted Pimento mixture.

Add the Meat.

Stir until all the ingredients are mixed together. Reduce the heat to medium-low, then lid and simmer for 15 minutes.

Add the diced Red and Yellow Peppers and the Cilantro.

Roast for another 15 minutes.

Stir in the Lime Juice and remove the pan from heat.

Add a dusting of Chopped Scallions and a handful of Shredded Cheese.

Serve with Tortilla chips