

Green Chili Stew

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Ingredients:

3 lbs stewing beef, cut into chunks
2 medium onions, minced
2 Tbsp vegetable oil
1-16oz can pinto beans
1-10oz can tomatoes
1 cup water
2-4oz cans green chilies
3 Tbsp beef broth granules
1 Tbsp sugar
1 clove garlic, minced

Preparation:

Brown beef and onions in oil in a large sauce pan. Add beans tomatoes, water, chilies, beef broth granules, sugar, and garlic. Bring to a boil. Reduce heat and simmer uncovered until beef is tender, at least one hour. You can add carrots, cooking sherry, a dash of tabasco, Cajun seasoning or whatever you think you may want for seasoning. I also added salt, pepper and pepperoncini juice.

