



Hombres® Chipotle Stew

- 1 lb. of lean stew meat
- 1 cup flour
- 2 tsp salt
- 2 tsp pepper
- 1 tsp garlic powder
- 3 TBS Olive oil
- 2 cups of water
- 4 medium potatoes-cut into approx. 2-inch square pieces
- 1 medium onion-chopped
- 1 poblano pepper-chopped (*or bell pepper if desired*)
- 1 cup fresh mushrooms (*canned mushrooms may be substituted*)
- 2-3 carrots-sliced
- $\frac{1}{2}$ cup Hombres® medium or hot Texas Chipotle Salsa

Combine the flour, salt, and pepper in a medium bowl and roll lean meat in flour mixture. In a 3-quart heavy pot, add 2-TBS. olive oil and brown the meat. Stir in water (*more water may be added if mixture is too thick.*) Add potatoes and garlic powder.

In a skillet, sauté (*in 1 TBS of olive oil*) the chopped onions, poblanos and carrots for 5 minutes and add to stew mixture. Cook stew at medium heat for 1- $\frac{1}{2}$ hours (*occasionally stirring*) or, until meat and potatoes are tender. During the last 30 minutes of cooking, add the fresh mushrooms. Taste the stew and add more salt and pepper if desired.