

Hatch Chile Con Carne

My Chile Con Carne recipe has been developed and changed from my childhood roots. The fresh Hatch chiles and Hatch chile powder gives this dish another dimension yet. You could grind up dried chiles to make the powder which gives you an authentic aroma as you cook or use pre-ground powder. The heat on this chile is mild. You can add more powder if you want your dish spicier. Taste once you've started simmering and add more along the way. Just be prepared for that kick of heat at the back of your throat. Like all stews, for best results, make this dish the day before serving to allow the flavors to develop.

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| 2 | | Hatch chiles (or Anaheim chiles) | 1 ½ cups | water |
| 1 | | red bell pepper | 3 ribs | celery, sliced in 1/4" pieces |
| 1 | Tablespoon | canola oil | 3 Tablespoons | brown sugar |
| 1 | large | onion, diced | 2 | 9 ounce pkg red kidney beans, drained and rinsed (or 15 oz. can) |
| 1 | pound | ground beef | | |
| 3 ½ | Tablespoons | Hatch chile powder | 10 ounces | frozen corn |
| 1 | 6 oz. can | tomato paste (use half or more) | 1 teaspoon | salt to taste |
| 1 | 28 oz can | crushed tomatoes | | |

- 1 Roast Hatch chiles and red pepper on a grill until charred. Place in a plastic bag to steam for 10 minutes. Peel and seed the chiles and peppers.
- 2 While roasting the chiles, in a large dutch oven, heat canola oil and onion over medium low heat and cook 5 minutes or until soft. Add ground beef and cook until browned. Sprinkle chile powder over mixture and cook for a minute until fragrant. Add tomato products, rinsing out the cans with the water and adding it to the mixture. Add celery and brown sugar. Add chiles and peppers when ready and the drained red kidney beans. Stir and bring to a boil.
- 3 Turn down to a simmer. Cook for 30 minutes or up to 1 hour. Flavors will develop with longer cooking. In last 15 minutes of cooking, add corn and heat through.

Servings: 8

Preparation Time: 10 minutes

Cooking Time: 50 minutes

Total Time: 1 hour

Nutrition Facts

Nutrition (per serving): 327 calories, 117 calories from fat, 12.9g total fat, 39.1mg cholesterol, 805.2mg sodium, 1105.8mg potassium, 38.4g carbohydrates, 9.3g fiber, 11.2g sugar, 18.7g protein.

Source

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