



# Crock Pot Chicken (Or Beef or Pork) Green Chile Stew

Servings: **6 servings**

Nutrition Facts Serving Size 1 (449g) Recipe makes 6 servings Calories 308 Calories from Fat 29 (9%) Amount Per Serving %DV Total Fat 3.3g 5% Saturated Fat 0.7g 3% Monounsaturated Fat 0.7g Polyunsaturated Fat 1.1g Trans Fat 0.0g Cholesterol 57mg 19% Sodium 272mg 11% Potassium 1531mg 43% Total Carbohydrate 40.8g 13% Dietary Fiber 6.7g 26% Sugars 6.3g Protein 29.4g 58%

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## Ingredients

- 5 \* 5 boneless skinless chicken breast halves (cut in 1-inch cubes or (2 lb. beef round, chuck or pork shoulder or butt cut into cubes)
- 2 \* 2 teaspoons ground cumin
- 1 \* 1 teaspoon dried sage
- 2 \* 2 large onions (chopped)
- 2 \* 2 garlic cloves (minced)
- 1 \* 1 tablespoon cider vinegar
- 6 \* 6 small red potatoes (quartered)
- 3 \* 3 poblano peppers (seeded and diced)
- 10 \* 10 tomatillos (husked, chopped)
- 1 1/2 \* 1 1/2 cups chicken broth (low sodium)
- 1/2 \* 1/2 cup chopped fresh cilantro

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## Directions

1. Combine all ingredients except cilantro in crock pot.
2. Cover and cook on low setting for 8-10 hours.
3. Serve garnished with chopped cilantro.

4. Note: Comments from the person originally posted this: This is what we had for dinner tonight. It's delicious! The original recipe called for 2 pounds of beef round or chuck, cut in 1 inch pieces, but I substituted 5 boneless, skinless chicken breast halves, and it turned out fine.

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