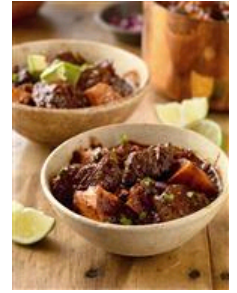


Ancho-Spiced Beef Stew

Total Recipe Time: 2-1/2 to 2-3/4 hours

2 pounds beef Shoulder Pot Roast, cut into 1-inch pieces
2 dried ancho chiles
1 cup boiling water
3 tablespoons cornmeal
1/2 teaspoon salt
1 tablespoon ground cumin
2 tablespoons vegetable oil
2 cans (14-1/2 ounces each) spicy diced tomatoes
2 medium sweet potatoes, peeled, cut into 3/4-inch pieces



Toppings:

Chopped red onion, chopped fresh cilantro, sour cream, lime wedges (optional)

1. Remove and discard stems and seeds from chiles. Pour boiling water over chiles in medium bowl; let stand 20 minutes or until chiles are softened. Drain chilies, reserving 1/2 cup of liquid. Place chiles, reserved 1/2 cup liquid, cornmeal and 1/2 teaspoon salt in food processor container. Cover; process until smooth. Set aside.
2. Coat beef with cumin. Heat 1 tablespoon oil in stockpot over medium heat until hot. Brown half of beef; remove from stockpot. Repeat with remaining oil and beef. Pour off drippings; return beef to stockpot. Add tomatoes and ancho chile mixture to stockpot. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 hours.
3. Add sweet potatoes to stockpot; bring to a boil. Reduce heat; cover and continue cooking 25 to 30 minutes or until sweet potatoes and beef are fork-tender, stirring once.
4. Serve stew with Toppings, as desired

Makes 6 servings

Cook's Tip: Two cans diced chili-style tomatoes may be substituted for spicy tomatoes.

Nutrition information per serving: 286 calories; 11 g fat (2 g saturated fat; 5 g monounsaturated fat); 57 mg cholesterol; 549 mg sodium; 20 g carbohydrate; 4.1 g fiber; 26 g protein; 8.6 mg niacin; 0.6 mg vitamin B₆; 2.6 mcg vitamin B₁₂; 4.9 mg iron; 26.3 mcg selenium; 5.7 mg zinc; 92.3 mg choline.

This recipe is an excellent source of protein, niacin, vitamin B₆, vitamin B₁₂, iron, selenium and zinc; and a good source of fiber and choline.

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