

SLOW COOKER GREEN CHILI-BEEF STEW WITH BACON

*Lots of veggies here to make you happy. Feel free to change them up. Parsnips or turnips would work well, as would potatoes or sweet potatoes if you're not serving this stew over the cheddar mashed potatoes (Recipe below) or rice. You could throw in frozen peas or corn for the last half hour if you have some. **As always, please check labels on canned good or packages for Gluten-Free option.***

6 servings

- 2 tablespoons canola oil
- Crushed red pepper*
- 2 slices bacon
- 2 .5 – 3 pound chuck roast, cut into 1 – 2-inch pieces
- Fresh ground black pepper
- Kosher salt
- 2 medium onions, cut into eighths
- 2 cloves garlic, minced
- 1 red and 1 yellow or orange bell pepper, cut into 2-inch pieces
- 4 carrots, peeled, trimmed, and cut into 2-inch pieces
- 16-ounces chopped cooked green chiles (I used a jar of [505 roasted green chiles.](#))
- 15-ounce can chopped tomatoes
- 1 heaping tablespoon dried oregano
- 1/2 cup white wine or water
- 2 cups chicken broth

Heat oil in a large deep skillet until nearly smoking; add a pinch of crushed red pepper along with the bacon and the beef. Season meat well with black pepper. Cook until well-browned; turn, and brown other side. Sprinkle with 1/2 teaspoon kosher salt.

In the meantime, to a 6-quart crock-pot set on low, add the onions, garlic, peppers, carrots, half of the green chiles, all of the tomatoes, and half of the oregano. Season with another 1/2 teaspoon kosher salt, 1/4 teaspoon of black pepper, a pinch of crushed red pepper, and stir. When meat is well browned, chop the bacon, and add both the bacon and beef to the crock-pot on top of the vegetables. Spoon in the remainder of the chiles and sprinkle with the rest of the oregano. Pour in wine and broth. Stir.

Cook on low for eight hours. Taste and adjust seasonings. Serve alone or over cheese mashed potatoes (below) or hot rice seasoned with pepper and chopped fresh parsley or cilantro.

** This is, on a scale of 1 – 10, about a 5 on the heat index. It will “cool down” by eating it with rice or potatoes. If you like flavor, but not so much heat, buy mild green chiles and skip the crushed red pepper. **If you’d rather make this in the oven**, use a heavy dutch oven instead of the skillet. Follow directions through pour in wine and water and stir. Bring to a boil; cover and braise on the middle rack of an oven pre-heated to 350 degrees Fahrenheit for 2 1/2 hours. Check on the stew mid-way through cooking and add more liquid if it seems dry; it should have plenty of sauce. When the cooking time is up, remove carefully from the oven and check for doneness; if everything’s tender and bubbly, it’s done. If not, replace for another fifteen minutes or so and re-check.*

CHEDDAR MASHED POTATOES

Serves 6

- 6 large white, very well-scrubbed potatoes (about 3 pounds), cut into eighths**
- Kosher salt and fresh ground black or white pepper
- 1 tablespoon softened salted butter
- 1 cup grated extra-sharp Cheddar cheese (I like Vermont–Cabot– or English Cheddar—a white cheese, if you can), plus a little extra for garnish
- 1/2 -3/4 cup hot milk
- 2 tablespoons chopped green onions (just greens is fine, but both the greens and white will work) or chives — *See note below if serving meat over potatoes.*

1. Place potatoes and 1/2 teaspoon salt with 1/4 teaspoon pepper in a 6-quart pot and cover with water—plus an inch or so. Cover and bring to a boil. Reduce heat and simmer for 20 minutes or until potatoes are just tender.

2. Drain and put potatoes back in the hot pan with the butter and the cheese. Mash well by hand and then stir in about half-cup of the milk. Mash again, adding more milk if needed, until potatoes are moistened and tender. Taste, adjust seasonings, and spoon into a bowl. Garnish with green onions or chives, if using, and a little of the grated cheddar.

**I don’t peel these, but you’re welcome to if you’d like. I like the texture of hand-mashed and unpeeled potatoes and am all over that fiber.

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