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Green Chile and Chicken Stew

SERVINGS: 8 ACTIVE: 1 HOURS TOTAL: 1 HOURS

INGREDIENTS

2 pounds boneless, skinless chicken breasts and thighs

1 small bunch cilantro, trimmed, stems and leaves separated

2 large onions, chopped, divided

1 head of garlic, halved crosswise

2 tablespoons apple cider vinegar

1 tablespoon cumin seeds

1 tablespoon honey

2 teaspoons kosher salt

1 teaspoon black peppercorns

1 pound tomatillos, husked

4 Italian frying peppers

4 poblano or Hatch chiles

3 jalapeño peppers

2 tablespoons olive oil

Steamed rice

PREPARATION

View Step-by-Step Directions

Preheat oven to 450°. Combine chicken, cilantro stems, 1 onion, and next 6 ingredients in a large pot. Add water to cover and bring to a simmer over medium heat. Cover, reduce heat to low, and simmer very gently until chicken is just cooked through, about 25 minutes. Remove chicken from pot and let cool slightly; shred into bite-size pieces. Strain broth through a fine-mesh sieve into a large bowl; set aside.

Meanwhile, arrange tomatillos, peppers, and chiles in a single layer on a rimmed baking sheet and roast, stirring occasionally, until charred, 12–15 minutes. Transfer peppers and chiles to a bowl and cover tightly with plastic; let steam for 15 minutes, then peel and seed. Combine peppers, chiles, and tomatillos in a food processor and purée, adding reserved broth as necessary, until a coarse purée forms.

Heat oil in a large heavy pot over medium heat. Add remaining 1 onion and cook, stirring occasionally, until soft and caramelized in spots, about 15 minutes. Stir in tomatillo purée and remaining reserved broth; bring to a simmer. Remove from heat and add chicken. Serve stew over rice and garnish with cilantro leaves.

KEYWORDS

Bell Pepper Recipes, Chicken Recipes, Chile Recipes, Cilantro Recipes, Cumin Recipes, Dinner, Fall Food, Healthy Dinner Recipes, Healthy Newsletter Recipes, Healthy Recipes, Honey Recipes, Hot Pepper Recipes, Jalapeno Recipes, Poblano Recipes, Rice Recipes, Stew Recipes, Tomatillo Recipes, Winter Food

RECIPE BY The Bon Appétit Test Kitchen

PHOTOGRAPH BY Maria del Mar Sacasa Ennis Inc

NUTRITIONAL INFORMATION

1 serving contains:

- **Calories (kcal) 250**
- **Fat (g) 7**
- **Saturated Fat (g) 1**
- **Cholesterol (mg) 65**
- **Carbohydrates (g) 19**
- **Dietary Fiber (g) 5**
- **Total Sugars (g) 8**
- **Protein (g) 30**
- **Sodium (mg) 600**