

SOUTHWESTERN PORK STEW

2-3 lbs boneless pork, cut in 1-inch cubes ("country style" pork ribs or small pork roast – check on price and amount of fat; leaner is better)

1 large onion, chopped

2 cloves garlic, minced

1 tsp salt

1/2 tsp ground oregano

1/2 tsp ground cumin

1 can diced tomatoes

1 large can yellow hominy

8 fresh green New Mexico chilies, roasted, peeled, seeded and chopped * OR 2 – 4 oz. cans of diced green chilies

1 small can MILD enchilada sauce may be added if desired.

Spray inside of crockpot with Pam or equivalent. Put onion and garlic in bottom of crock. Add pork, spices, hominy, tomatoes, and chilies. Cook on low 8 hours. Skim grease. Stir and serve. (Will stand longer cooking, but may get "shapeless".)

Stovetop: Saute onion and garlic in a little oil in soup pot. Add pork cubes and brown. Add spices, hominy, tomatoes, chilies, and water if needed to barely cover pork. Cover and simmer about one hour. Check seasonings, add water if needed. Skim grease, simmer 30 minutes more.

*To roast chilies, place under broiler, over a gas flame, or on a charcoal grill until skin blisters and blackens, turning pods to roast all sides. Have ready several thicknesses of newspaper or paper towels, wet and used to line a paper or plastic bag. When chilies are roasted, place in the bag and fold the wet paper over all, then close the bag to steam the peppers. Slip off skins, pull stems, remove seeds and stringy membrane.

NOTE: This takes a lot of work and time, but the flavor is good. Check your volunteer hours and decide which way you want to approach this.