

Chow Down Shredded Beef

Warren & Jan Witte

1 lb beef stew meat or boneless beef roast, cut into
1 ½" chunks
1½ C water
2 cloves garlic, minced
½ t salt

1 4oz can of diced green chiles, drained
1 T cider vinegar
2 t chile powder
¼ t ground cumin

This recipe can be made by boiling the meat or using a pressure cooker (which I use) to cut down on the cooking time

Place meat, water, and garlic in pressure cooker and cook on high for pressure for 30-35 minutes. Remove from heat and let it cool down, then release the remaining pressure. Drain the liquid and set aside.

Shred the meat mixture in a medium saucepan and add the remaining ingredients with 1 cup of the liquid. Simmer for 30 minutes to blend the flavors and boil to reduce the liquid.

Warren's Red Chile Sauce

Warren & Jan Witte

10 New Mexico chile pods, rinsed, stemmed,
seeded, and deveined
2 C very hot water (not boiling)
2 t garlic powder
1 T dried oregano

1½ t ground cumin
½ t salt
¾ t ground coriander
½ t black pepper
2 t onion powder

Put chile pods in a glass bowl that is large enough to hold 2 cups water and the chile pods. Pour very hot water over the pods and cover to seal in the heat. Soak for 15 minutes and stir to get the pods completely saturated. Cover, and soak for 15 minutes more until softened. Take off the cover and let everything cool down. Drain the water and set aside.

Put Chiles in a blender (*blender only*) with 1/2 cup of the reserved liquid and get them ground up, next add the remaining reserved water, liquefy and strain keeping just the liquid. (*You can use up to 1/2 cup of fresh water to clean out the blender and add to the strainer.*)

Add the dry ingredients to a sauce pan and add the strained chile sauce.

Simmer the mixture for 30 minutes to get the flavors blended. Add 1/4 cup of water if sauce is too thick. Do not boil!