

SPANISH FOUR MEAT STEW

F MEDIUM

Last Modified: 01/21/2020

PREP: 1 Hr
COOK: 5 To 9 Hrs
STOVETOP & SLOW COOKER
MAKES 16 SERVINGS

SOUP-STEW

QUA	MEASURE	INGREDIENT	PROCESS
6	Whole	Chicken Thighs (Boneless / Skinless)	Bite-Sized
1	Pound	Pork Loin (Trimmed)	Bite-Sized
1	Pound	Beef Stew Meat	Bite-Sized
2	10 Oz	Tubes Raw Chorizo (Cacique)	1/4" Coins
2	Quarts	Chicken Stock (Swanson)	
1 1/2	Cups	Yellow Onion	Chopped
2	Pints	Ripe Grape Tomatoes	Halved
1	Pound	Carrot Fingers (Organic)	Halved
3	Pounds	Baby Red Potatoes	Halved
1/2	Small	Head Green Cabbage	Wedged
1	5.75 Oz	Jar Pimento Sliced Manzanito Olives (Pearl)	
1/4	Cup	Olive Oil	Divided
2	Tbsp	Mexican Oregano	
2	Tbsp	Ground Cumin	
1/2	Cup	All Purpose Flour	Thickener
1 +/-	Pinches	Kosher Salt	To Taste
1 +/-	Pinches	Fresh Ground Black Pepper	To Taste

OPTIONAL INGREDIENTS

1	48 Oz	Jar Great Northern Beans (Randall)	Drained
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PREPARATION

FACTOID	Thick, red, rich & delicious. The DRY Red Wine imparts a mild bite, adds a genuine rustic charm and supplies a large amount of Tannin which brings out those wonderful Beef flavors while most of the Alcohol is cooked out. This reheats well.
TOOLS	1) 6+ Quart Slow Cooker 2) Large Stainless Steel Frying Pan 3) Slotted Spoon
PREP	DISH 1) Chop the Yellow Onions and set them aside. 2) Cut the Carrot Fingers in half and set them aside. 3) Cut the Grape Tomatoes in half lengthwise and set them aside. 4) Cut the Potatoes in half and set them aside covered with cold water. 5) Cut The Chicken into bite sized pieces and set them aside. 6) Cut The Pork into bite sized pieces and set them aside. 7) Cut The Beef into bite sized pieces and set them aside. 8) Discard the wrapper and cut The Chorizo into 1/4" coins and set them aside. 9) Remove the Cabbage core and cut it into 1/2" wide wedges and set them aside. 10) Drain the Sliced Salad Olives and set them aside.

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1	MIREPOIX: In a large stainless frying pan (NOT non-stick) over medium high heat, add in 2 tablespoons of Olive Oil and heat until it shimmers. Stir in the Onions and cook, stirring occasionally until the Onions are translucent, about 4 minutes. Transfer into the slow cooker.
2	CHICKEN: Add the Chicken pieces into the pan and fry, stirring occasionally until done, adding more Olive Oil as needed, about 5 minutes. Transfer into the Slow Cooker.
3	PORK: Add the Pork cubes into the pan and fry, stirring occasionally until done, adding more Olive Oil as needed, about 5 minutes. Transfer into the Slow Cooker.
4	BEEF: Add the Beef cubes into the pan and fry, stirring occasionally until done, adding more Olive Oil as needed, about 5 minutes. Transfer into the Slow Cooker. Pour off any excess Oil in the pan.
5	CHORIZO: Add the Chorizo Coins into the pan and fry, stirring occasionally until done, about 5 minutes. Transfer the Chorizo the Slow Cooker. Do NOT discard that wonderfully flavored red Oil. Add a cup of Chicken Broth into the frying pan and scrape the bottom to loosen any Fond. Pour the Broth & Fond evenly over the Meats in the slow cooker.
6	STEW: Stir in the remaining Chicken Broth, Oregano, Cumin, Carrots, Tomatoes; Olives and Potatoes into the slow cooker. Cook on high for 4 hours or on low for 8 hours.
7	STEW: During the last 30 minutes, move the slow cooker to high heat, stir in the Flour, Beans (if using), Potatoes and Cabbage Wedges. Cook until the Cabbage is crispy tender. Season to taste with Salt and Pepper.
SERVE	Ladle the Stew into warm serving bowls and serve while hot with Buttered Crusty Bread slices.

