

Gypsy Den Adobe Stew

The Gypsy Den, Costa Mesa, California



This is my interpretation only - not an official version.

- 8 whole ancho chiles
- 2 large yellow onions, chopped
- 2 T. vegetable oil
- 2 pounds canned tomatoes, chopped, including juice
- 2 cloves garlic, minced (2 to 3)
- 1 whole bay leaf
- 1 T. oregano, crushed in your hands
- 2 T. ground cumin
- 1 T. ground coriander
- 1 T. chili powder (mild) to taste (1 to 3)
- 1 lb. frozen corn
- 1 lb. frozen green beans
- 1 lb. canned pinto beans, drained
- 1 lb. zucchini, chopped
- 1 lb. yellow squash, chopped
- 3 quarts water, a guess, use your own judgment
- 2 cups cheddar cheese, grated
- 2 cups Monterey Jack cheese, grated

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>

Servings: 12

With only the ingredient list to guide me, I've had to interpret how much of things to add. Each time I've made it it's been a tad different because I may add more or less of something. The ancho chiles add a depth of character to the broth, and the chili powder adds just a bit of heat. Not much, so use your own judgment when you add it. It may need more - or less - water. Kind of depends on how the broth tastes and whether you have all the vegetables. I'm also guessing at the servings.

1. Soak the ancho chiles in water for several hours. Probably overnight would be fine. Then drain them (save the juice, though), remove seeds and stems (discard them). Then combine the juice and chiles in the blender and puree. Set aside.
2. Sauté the onions first, then add garlic, the spices and let it sauté a bit. Then add the 3 quarts (this is an estimate), the tomatoes, and the reserved ancho chile puree, and let it simmer for about 30 minutes. Then add frozen corn, frozen green beans, and canned pinto beans. Simmer for about 15 minutes, then add fresh zucchini and yellow squash.
3. Ladle into large soup mugs or bowls and add the cheese on top of the soup and not so thick it doesn't melt.

Per Serving (excluding unknown items): 586 Calories; 49g Fat (73.3% calories from fat); 15g Protein; 26g Carbohydrate; 6g Dietary Fiber; 37mg Cholesterol; 508mg Sodium. Exchanges: 1 Grain(Starch); 1 1/2 Lean Meat; 2 Vegetable; 9 Fat.