

Recipe adapted from Eating Well.



New Mexican Green Chile Sauce

- 2 t canola oil
- 1 white onion, diced
- 4 cloves garlic, minced
- 1 T flour
- 2 c chopped roasted mild to medium green chiles
- 2 c chicken broth
- Sea salt to taste

Heat oil in a medium saucepan over medium-heat and add onion and garlic. Season with sea salt and cook until soft, about 4 to 5 minutes. Sprinkle the flour over the mixture and cook for another minute. Next add the chiles and broth and bring the sauce to a boil. Reduce the heat and simmer until thickened, about 20 minutes. Suggested serving: Over white rice with black beans and corn.