

## My interpretation of "Gypsy Den Adobe Stew":

Author: My interpretation of Gypsy Den's recipe

*Carolyn T's  
Cookbook*

**Servings: 12**



1. Soak the ancho chiles in water for several hours. Probably overnight would be fine. Then drain them (save juice), seed them and remove stems. Then combine the juice and chiles in the blender and puree. Set aside.
2. Sauté the onions first, then add the garlic, the spices and let it sizzle a bit. Then add water, the tomatoes, and the reserved ancho chile puree, and let it simmer for about 30 minutes.
3. Add frozen corn, frozen green beans, and canned pinto beans. Bring it back to a boil and simmer for about 15 minutes, then add fresh zucchini and yellow squash.
4. Scoop into bowls or crocks and add the cheeses on top of the soup and not so thick it doesn't melt.

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

Categories: Soups

**Carolyn T's Blog:**

<http://tastingspoons.blogspot.com>

*Per Serving (excluding unknown items): 181 Calories; 9g Fat (44.2% calories from fat); 9g Protein; 18g Carbohydrate; 5g Dietary Fiber; 20mg Cholesterol; 399mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 2 Vegetable; 1 1/2 Fat.*