

Ground Cumin:

Adds a warm, earthy flavor characteristic of many Latin American dishes.

Smoked Paprika:

Brings a mild smokiness and subtle heat to deepen the flavor profile.

Eggs:

Adding fried eggs to the stew enhances its richness, texture, and visual attractiveness. The gooey yolk combines with the stew, contributing a creamy touch.

Olive Oil:

Utilized for sauteing vegetables and proteins, it guarantees uniform cooking while boosting the dish's overall taste. Frying eggs produce crispy edges, adding extra texture.

What Makes This Recipe Special

Perfect Blend of Flavors: The stew combines tomatoes, sweet corn, potatoes, and spices like cumin and smoked paprika. This variety of flavors makes it flavourful and energetic, appealing to various palates.

Versatility: Whether you're a vegetarian, a meat lover, or fall somewhere between, this recipe is versatile. You can include beef or chicken for a more filling option or leave out the protein for a lighter, plant-based dish. It's a recipe that accommodates all types of needs.

Chilean Tomato Stew Recipe

Ingredients

- 6 tbsp olive oil (for frying)
- 1 medium onion, thinly sliced
- 2 garlic cloves, minced
- 1 lb (450g) beef or chicken (optional), cut into bite-sized pieces
- 4 medium tomatoes, peeled and diced
- 1 cup corn kernels
- 1 medium green bell pepper, diced
- 2 medium potatoes, peeled and diced
- 1 cup vegetable or chicken stock
- 1 tsp ground cumin
- 1 tsp smoked paprika
- Salt and pepper, to taste
- 4 eggs

Directions

Step 1

Prepare the Base: Heat olive oil in a large pot or deep skillet over medium heat and add onion and garlic until soft and fragrant.



Step 2

Cook the Protein: Add the beef or chicken to the pot. Cook until browned on all sides



Step 3

Add the Vegetables: Stir in the tomatoes, green bell pepper, potatoes, and corn. Mix well to combine the flavors.



Step 4

Season and Simmer: Add cumin, smoked paprika, salt, and pepper to the mixture. Mix thoroughly and then add the stock, ensuring the vegetables are submerged mainly. Allow it to boil gently, then lower the heat to a simmer. Cover and simmer for about 20-25 minutes, stirring occasionally, until the potatoes are tender and the flavors meld together.



Step 5

Prepare the Oil-Fried Eggs: Crack one egg at a time into the hot oil and fry until the edges are crispy, and the yolk is still runny, about 2-3 minutes like shown in the video below