

Mexican Pozole Soup

Rating: ★★★★★

Makes: 10 servings

Ingredients

2 pounds lean beef (cubed)
1 tablespoon olive oil
1 onion (large)
1 garlic clove (finely chopped)
1/4 teaspoon salt
1/8 teaspoon pepper
1/4 cup cilantro
1 can stewed tomatoes (15 ounces)
1/4 cup tomato paste
5 cups hominy (1 lb. 13 ounce can)

Directions

1. In a large pot, heat oil. Saute beef.
2. Add onion, garlic, salt, pepper, cilantro, and enough water to cover the meat. Cover pot and cook over low heat until meat is tender.
3. Add tomatoes and tomato paste. Continue cooking for about 20 minutes.
4. Add hominy and continue cooking another 15 minutes, stirring occasionally, over low heat. If too thick, add water for desired consistency.

Notes

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	220	
Total Fat	7 g	11%
Protein	22 g	
Carbohydrates	17 g	6%
Dietary Fiber	3 g	12%
Saturated Fat	2 g	10%
Sodium	400 mg	17%

Skinless, boneless chicken breasts may be used instead of beef cubes.

National Heart, Lung and Blood Institute (NHLBI), Delicious Heart Healthy Latino Recipes/Platillos latinos sabrosos y saludables