Mexican Pozole Soup

Ingredients:
- 2 pounds sirloin tip roast, trimmed
- 2 teaspoons olive oil
- 1 large onion
- 1/4 teaspoon garlic powder
- 1/8 teaspoon black pepper
- 1/4 cup cilantro, chopped
- 15 ounces low sodium tomatoes, canned
- 2 ounces tomato paste
- 28 ounces hominy, canned

Equipment:
- Large saucepan with lid
- Cutting board
- Knife
- Can opener
- Measuring cups
- Measuring spoons

Directions
1. Cut roast into bite size cubes.
2. Meanwhile, heat oil in the bottom of large pot on medium. When oil is hot, add beef and brown on all sides. Meat does not have to be done.
3. Cut the ends off of the onion, and peel off the brown layers. Run under water to remove any dirt. Cut the onion in half lengthwise, and place the flat side on the cutting board. Slice across the onion, from one side to the other, then lay the slices on their side, and slice from the widest side to the smallest, across the onion. Chop into small pieces. Add to pot with beef and cook until tender.
4. While onion and beef are cooking, remove stems from cilantro and chop into small pieces.
5. Add garlic powder, pepper, cilantro, and enough water to cover the meat. Cover pot and cook over low heat until meat is tender, about an hour.
6. Open tomatoes and tomato paste and pour into soup. Continue cooking for about 20 minutes.
7. Open hominy and pour into colander. Rinse under running water to remove sodium. Allow to drain.
8. Add hominy to soup and continue cooking another 15 minutes, stirring occasionally, over low heat. If too thick, add water for desired consistency.

Nutrition Facts
- Serving Size: 1 cup
- Servings: 10
- Calories: 202
- Calories from Fat: 54
- Total Fat: 6g (9%)
- Saturated Fat: 2g (10%)
- Cholesterol: 54mg (18%)
- Sodium: 327mg (14%)
- Potassium: 16mg (0%)
- Total Carbohydrate: 16g (5%)
- Dietary Fiber: 3g (12%)
- Protein: 21g (42%)

Vitamin A: 11%  Vitamin C: 22%
Iron: 17%  Calcium: 4%

*Percent Daily Values are based on a 2,000 calorie diet.

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