

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

Number of Servings: 10
 Prep Time: 20 minutes
 Total Time: 2 hours

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.

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Nutrition Facts

Serving Size: 1 cup	
Servings: 10	
Amount Per Serving	
Calories 202	Calories from Fat 54
%Daily Value*	
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.

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