

Pinto Pozole

Ingredients

- 2 to 4 guajillo chili peppers*
- 2 tablespoons olive oil
- 1 large onion, finely chopped
- 1 tablespoon garlic, pressed or minced
- 1 tablespoon ground cumin
- ½ cup tomato paste
- 1 bay leaf
- 3 cans (15 ounces each) pinto beans, rinsed and drained
- 1 can (15 ounces) golden hominy, rinsed and drained
- 32 ounces (4 cups) vegetable broth
- 2 cups water
- ¼ cup chopped cilantro, divided
- ½ lime, juiced

Nutrition Facts

Serving size: 2 cups

Servings: 6

Amount per serving

Calories **262**

% Daily Value*

Total Fat 7.1g **9%**

Saturated Fat 1.2g **6%**

Cholesterol 0mg **0%**

Sodium 1170mg **51%**

Total Carbohydrate 37.8g **14%**

Dietary Fiber 10.5g **37%**

Total Sugars 4.5g

Protein 13.3g

Instructions

1. Cut off the stem ends of the chilis, remove as many seeds as possible. Rinse and pat dry.
2. Heat pot over medium heat, add olive oil, and onion. Cook, stirring often, for 5 minutes.
3. Add the garlic and cumin and cook 1 minute.
4. Add the tomato paste, chili peppers, bay leaf, hominy, beans, vegetable broth and water to the pot.
5. Bring the mixture to a simmer, then reduce heat as necessary to maintain a gentle simmer, stirring occasionally, and cook for 25 minutes.
6. Remove the chili peppers and bay leaf from the soup and discard them.
7. Stir in cilantro and juice of ½ lime into the soup.

*the more peppers you add the spicier the pozole will be