

## **Mexican Pozole Soup**

2 lb lean beef, cubed\*  
1 Tbsp olive oil  
1 large onion  
1 clove garlic, finely chopped  
¼ tsp salt  
1/8 tsp pepper  
¼ C cilantro  
1 can (15 oz) stewed tomatoes  
2 oz. tomato paste  
1 can (1 lb 13 oz) hominy  
*\*Skinless, boneless chicken breasts can be used instead of beef cubes.*

1. In large pot, heat oil, then sauté beef (or chicken).
2. Add onion, garlic, salt, pepper, cilantro, and enough water to cover meat. Over 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 over low heat for another 15 minutes, stirring occasionally. If too thick, add water for desired consistency.

**Yield: 10 servings**  
**Serving size: 1 cup**  
**Each serving provides:**  
Calories: 253  
Total fat: 10 g  
Saturated fat: 3 g  
Cholesterol: 52 mg  
Sodium: 425 mg  
Total fiber: 4 g  
Protein: 22 g  
Carbohydrates: 19 g  
Potassium: 485 mg

Source: *Keep the Beat: Heart Healthy Recipes from the National Heart, Lung, and Blood Institute. NIH Pub No. 03-2921, July, 2003.*