VEGAN POZOLE VERDE

🕐 40 minutes

🥧 6 portions

INGREDIENTS

- 1 tablespoon of extra virgin olive oil
- 1 medium onion, raw (110 g)
- 1 jalapeno, raw (14 g)
- 4 cloves of garlic, raw (12 g)
- 1 whole tsp of spices, cumin seed (2 g)
- 4 tsps, leaves of spices, oregano, dried (4 g)
- 25 Ounces of hominy, canned, white (700 g)
- 2 cans pinto beans, canned and drained (554 g)
- 6 medium tomatillos, raw (204 g)
- 4 cups of vegetable broth, ready to serve (884 g)
- 2 limes, raw (134 g)

COOKING METHOD

1º Stovetop: In a large pot, heat oil/water over medium, add onions and saute for 5 minutes. Add the garlic, jalapeno, cumin, oregano, salt and pepper, cook 1 minute more, or until fragrant. Add the pinto beans, tomatillos, hominy and vegetable broth, bring to a boil, cover askew, reduce heat to low and simmer for 20 – 30 minutes. Add lime juice and season to taste.

2º Instant Pot: Set the Instant Pot to SAUTE, heat the oil/water, add the onion and cook for 5 minutes. Add the garlic, jalapeno, cumin, oregano, salt and pepper, cook 1 minute more, or until fragrant. Add the pinto beans, tomatillos, hominy and vegetable broth. Cover with a lid and turn to the lock position. Set the valve to SEALED. Set Instant Pot to HIGH pressure and manually adjust the time to 20 minutes. Let naturally release for 10 minutes, and turn the valve to VENTING to release remaining steam. Add lime juice and season to taste.

3º Slow Cooker: In the bowl of a slow cooker, place all the ingredients and give a good stir. Cook on LOW for 6 – 8 hours or HIGH for 3 – 4. Add lime juice and season to taste.

4º To Serve, optional cilantro leaves sliced avocado sliced radish shredded cabbage or lettuce limes wedges tortilla chips or warmed flour or corn tortillas chili peppers

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (439 g)	% DRI
ENERGY	57 kcal	248 kcal	12 %
FAT	1 g	5 g	7 %
FATTY ACIDS, TOTAL SATURATED	0 g	1 g	4 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	221 mg	971 mg	40 %
CARBOHYDRATE	10 g	44 g	15 %
SUGARS	1 g	6 g	—
FIBER	2 g	10 g	40 %
PROTEIN	2 g	9 g	—