



Beef Pozole Soup



Makes: 10 servings

Total Cost: \$\$\$\$

This savory soup is full of tomatoes, beef, hominy, and cilantro, and will quickly become a favorite in your home.

Ingredients

- 32 ounces lean beef (2 pounds, cubed)
- 1 tablespoon olive oil
- 1 onion (large)
- 1 garlic clove (finely chopped)
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper
- 1/4 cup cilantro
- 1 can stewed tomatoes (15 ounces, low sodium)
- 2 ounces tomato paste, low-sodium
- 2 cans hominy (2-14.5 oz cans or 1-1 lb. 13 ounce can)

Directions

1. Wash hands with soap and water.
2. In a large pot, heat oil. Brown beef cubes.
3. Add onion, garlic, salt, pepper, cilantro, and enough water to cover the meat.
4. Cover pot and cook over low heat until meat is tender.
5. Add tomatoes and tomato paste. Continue cooking for about 20 minutes.
6. Add hominy and continue cooking another 15 minutes, stirring occasionally, over low heat.
If too thick, add water for desired consistency.

Notes

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

Learn more about:

- [Onions](#)
- [Garlic](#)
- [Herbs](#)
- [Tomatoes](#)

Source:

Delicious Heart-Healthy Latino Recipes/ Platos Latinos Sabrosos y Saludables

US Department of Health and Human Services

National Heart, Lung, and Blood Institute

Nutrition Information

Serving Size: 1 cup prepared soup, 1/10 of recipe (238g)

Nutrients	Amount
Total Calories	280
Total Fat	14 g
Saturated Fat	5 g
Cholesterol	95 mg
Sodium	537 mg
Carbohydrates	9 g
Dietary Fiber	2 g
Total Sugars	3 g
Added Sugars included	0 g
Protein	29 g
Vitamin D	0 mcg
Calcium	33 mg
Iron	4 mg
Potassium	393 mg

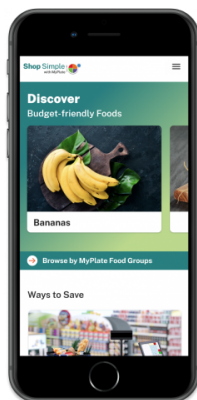
N/A will display when nutrient data is unavailable

Please note: nutrient values are subject to change as data is updated

MyPlate Food Groups



- Vegetables1/2 cups
- Protein Foods3 ounces



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MyPlate.gov is based on the *Dietary Guidelines for Americans, 2020-2025*

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