

Karen L. Baldwin
Hominy Recipe
Serves approx. 8-10

Ingredients:

2-29 oz. Cans of Hominy (yellow or white), drained
1-14 oz. pkg. Smoked turkey sausage or turkey bacon, browned
1/2 large Yellow Onion
1 cloves Garlic (2 tsp. powder)
1 quart Broth (liquid or bullion)
2 tbsp. Corn starch
4 cups Diced, Jerusalem artichokes or potatoes (optional)
1 tsp. Tumeric
1/2 bunch Cilantro
1/2 bunches Chopped green onion

Additional optional spices:

Chili powder, Black pepper, Cumin, Curry, Hot red pepper

Directions:

1. Lightly brown the meat in a couple of tablespoons of olive oil.
2. Once the meat is nearly done add the garlic and onion
3. Once onion is soft and clear (1-2 minutes) add hominy and just barely cover with broth (for stew) or drown it in broth for the soup. If you add the potatoes or Jerusalem artichokes a little more broth is needed.
4. Simmer adding desired spices – the turmeric will color the mixture a golden yellow and will add a wonderful base for the other flavors.
5. For the stew, simmer stirring regularly until both the hominy and the potatoes (if added) are creamy but not falling apart. Maintain a little bit of broth in the bottom of the pot (inch or so), so nothing sticks or burns. Serve with a slotted spoon and garnish with cilantro and green onions.
6. For the soup, simmer with the lid on and maintain a covering of broth over all the contents by adding more broth or water as needed.