

Vegan Pozole

**Prep:**

10 mins

Total:

40 mins

Sirve:

8 servings

Pieza:

Complete Gourmet Collection - 8.5 Qt. Roaster
Saladmaster Food Processor

Valora: ★★★★★☆

Contribuido por:

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Descripción de la Receta:

Whether you're a committed vegan, or a meat-loving foodie this new twist on a traditional Mexican favorite will leave your mouth watering for more. (And, without expanding your waistline!) This delicious soup is not only hearty and delicious but is made completely out of plant-based ingredients! Not to mention, only a whopping 169 calories per serving. To make this soup even more nutritious and filling, feel free to add in your favorite vegetables like broccoli, cauliflower, green beans, asparagus, tomatoes, squash, etc.

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50 oz
 hominy
 (.58
 kg)
 3 medium
 potatoes, washed and cut into 1 inch pieces
 4 medium
 carrots, scrubbed and sliced, use Cone #3
 1 medium
 onion, strung, use Cone #2
 2 tbsp
 fresh garlic, shredded, use Cone #1
 (18
 g)
 1 tbsp
 cumin powder
 (1
 g)
 2 tbsp
 ground oregano
 (2
 g)
 2 anaheim chiles, coarsley chopped
 5 tbsp
 chili powder
 (43
 g)
 8 cups
 vegetable broth
 (2000
 ml)
 sea salt & pepper to taste
 2 vegetable bouillon cubes (optional)

Garnish

red cabbage, shredded, use Cone #5
 radishes, sliced, use Cone #4
 fresh cilantro, chopped
 fresh limes wedges
 sliced avocado
 In the roaster,
 combine the hominy, potatoes, carrots, onions, garlic, oregano, cumin, diced chiles, chili powders, and vegetable broth.
 2. Set burner to medium heat. When Vapo-Valve™ begins to click steadily, turn heat down to low and cook for an additional 20-30 minutes or until the hominy has softened and the soup has thickened.
 3. Add salt and pepper taste.
 4. Serve hot, garnish with cabbage, radishes, onion, jalapeno, avocado and cilantro. Serve with a lime wedge on the side.

Preparación :

Consejos:

- To make this soup even more nutritious and filling, feel free to add in your favorite vegetables. For example, broccoli, cauliflower, green beans, asparagus, tomatoes or squash.

Información nutricional por ración

Calorías: 169
 Grasa Total: 2g
 Grasa 0g
 Saturada:
 Colesterol: 0mg
 Sodio: 135mg
 Carbohidratos: 35g

Fibra	8g
Dietética:	
Azúcar:	9g
Proteína:	5g
