



Beef Pozole

 Very Healthy

READY IN



140 min.

SERVINGS



8

CALORIES



242 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 2.5 pounds beef shanks
- ☐ 8 servings pepper black freshly ground
- ☐ 1 tablespoon peppercorns black
- ☐ 3 cups cabbage thinly sliced for garnish
- ☐ 1 large carrots roughly chopped
- ☐ 1 stick celery roughly chopped
- ☐ 3 pasilla chiles stemmed seeded

- ☐ 10 corn tostadas for garnish
- ☐ 2 cloves garlic peeled
- ☐ 3 cloves garlic
- ☐ 3 guajillo chiles stemmed seeded
- ☐ 29 ounce hominy mexican-style drained canned
- ☐ 10 lime wedges for garnish
- ☐ 0.3 cup oregano dried for garnish
- ☐ 1 cup radishes thinly sliced for garnish
- ☐ 2 tablespoons salt for seasoning
- ☐ 8 servings salt and pepper black freshly ground
- ☐ 2 cups warm water
- ☐ 1 onion white quartered

Equipment

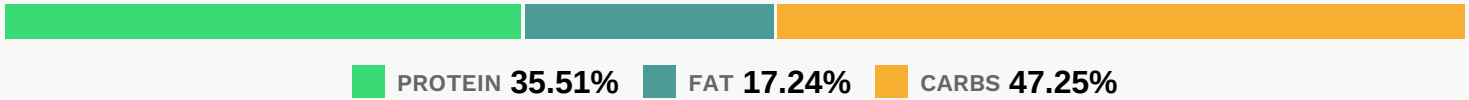
- ☐ pot
- ☐ blender

Directions

- ☐ Watch how to make this recipe.
- ☐ Place the beef shank in a large heavy stock pot.
- ☐ Add enough cold water to cover the beef shank completely.
- ☐ Add the onion, carrot, celery, garlic cloves, and bay leaves. Season with 2 tablespoons of salt and 1 tablespoon of peppercorns. Bring to a boil, cover, and reduce heat to a simmer. Cook until the meat is fully cooked and tender, about 2 hours. Be sure to constantly skim the fat from the surface of the liquid while cooking.
- ☐ Remove the meat from the pot and let cool. Strain the liquid and return to the pot.
- ☐ Add the hominy and bring to a boil. Lower the heat to a simmer. Season with salt and pepper, to taste.
- ☐ Using a fork, shred the meat into thin pieces and return to the pot adding 1 cup of water, if necessary. Season with salt and pepper, to taste. Simmer for 5 minutes.

- ☐ Serve hot, garnished with cabbage, radishes, lime wedges, dried oregano, tostadas, and Pasilla–Guajillo Salsa, if using.
- ☐ Soak the chiles and garlic cloves in warm water until the chiles are soft.
- ☐ Place the chiles, garlic, and water in a blender and process until smooth. Season with salt and pepper, to taste.
- ☐ Serve with Beef Pozole as a garnish.

Nutrition Facts



Properties

Glycemic Index:60.04, Glycemic Load:2.72, Inflammation Score:-10, Nutrition Score:25.731739106386%

Flavonoids

Pelargonidin: 9.15mg, Pelargonidin: 9.15mg, Pelargonidin: 9.15mg, Pelargonidin: 9.15mg Hesperetin: 9.68mg, Hesperetin: 9.68mg, Hesperetin: 9.68mg, Hesperetin: 9.68mg Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.03mg, Quercetin: 3.03mg, Quercetin: 3.03mg, Quercetin: 3.03mg

Nutrients (% of daily need)

Calories: 242.19kcal (12.11%), Fat: 4.78g (7.35%), Saturated Fat: 1.38g (8.6%), Carbohydrates: 29.49g (9.83%), Net Carbohydrates: 21.34g (7.76%), Sugar: 6.19g (6.88%), Cholesterol: 33.17mg (11.06%), Sodium: 437.44mg (19.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.16g (44.32%), Vitamin K: 64.8µg (61.71%), Vitamin C: 45.46mg (55.11%), Zinc: 7.41mg (49.4%), Vitamin B12: 2.83µg (47.2%), Vitamin A: 2183.42IU (43.67%), Manganese: 0.72mg (36.02%), Vitamin B6: 0.68mg (33.76%), Fiber: 8.15g (32.59%), Iron: 5.52mg (30.68%), Vitamin B3: 5.82mg (29.09%), Selenium: 19.22µg (27.45%), Phosphorus: 255.5mg (25.55%), Potassium: 681.93mg (19.48%), Vitamin B2: 0.29mg (17.15%), Calcium: 162.74mg (16.27%), Magnesium: 61.62mg (15.4%), Folate: 49.35µg (12.34%), Copper: 0.23mg (11.26%), Vitamin B1: 0.16mg (10.38%), Vitamin E: 1.43mg (9.54%), Vitamin B5: 0.78mg (7.78%)