



Booya-Posole Community Stew

 **Gluten Free**

READY IN



205 min.

SERVINGS



10

CALORIES



231 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 bay leaves
- 1 large carrots diced
- 2 stalks celery diced
- 1 cinnamon sticks
- 2 ears corn fresh sweet
- 10 servings cilantro leaves fresh chopped for topping
- 1 tablespoon thyme leaves fresh minced
- 4 cloves garlic minced

- 15.5 ounce hominy white drained and rinsed canned
- 1 jalapeno minced
- 4 cups chicken stock see low-sodium
- 1 cup plum tomatoes fresh canned crushed
- 1 pound pork butt sliced
- 0.5 large bell pepper diced red
- 4 tablespoons butter salted
- 10 servings sea salt and pepper black freshly ground fine
- 1.5 pounds chicken legs skinless
- 0.5 large onion diced sweet
- 1 tablespoon paprika sweet

Equipment

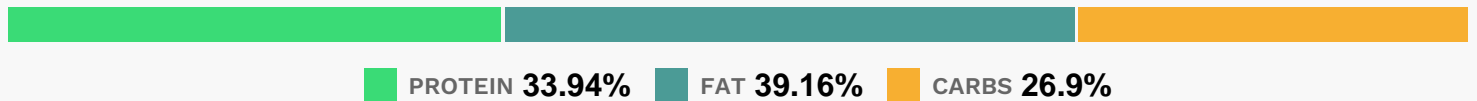
- pot
- grill
- stove
- grill pan

Directions

- Heat the butter in a large stockpot over medium heat. When it melts, add the onion, carrot, celery, bell pepper, jalapeno and 1/2 teaspoon each salt and pepper. Cook, stirring, until the vegetables are soft and sweet, about 20 minutes.
- Add the garlic and tomatoes and cook until thick and jammy, about 10 minutes.
- Meanwhile, preheat a grill or a stovetop grill pan over medium-high heat. Blot dry the chicken legs and pork and season with salt and pepper.
- Grill the chicken and pork until wellmarked on both sides and partially cooked through, about 10 minutes.
- Cut the pork into 1-inch cubes.
- Add the thyme, paprika, cinnamon stick, 1 teaspoon salt and 1 teaspoon pepper to the stockpot.

- Add both meats, the stock, 4 cups water and the bay leaves. Bring to a simmer and cook, partially covered, stirring once in a while, until the pork is very tender when poked with a fork, about 1 hour, 30 minutes.
- Remove the chicken legs, pick the meat from the bones, chop it into large pieces and return it to the stew.
- Add the hominy and simmer the stew another 30 minutes to 1 hour, or until everything is really tender and the meat is falling apart. Mash the pork against the side of the pot to break it up. (Don't worry if the chicken looks like it's almost dissolving: That's typical of booya.)
- Add the corn and cook 5 more minutes.
- Remove the bay leaves and cinnamon stick. Taste to check the seasoning and add more salt, if needed.
- Serve with the chopped cilantro.
- Photograph by Christina Holmes

Nutrition Facts



Properties

Glycemic Index:38.98, Glycemic Load:0.81, Inflammation Score:-9, Nutrition Score:16.253478361213%

Flavonoids

Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 2.75mg, Quercetin: 2.75mg, Quercetin: 2.75mg

Nutrients (% of daily need)

Calories: 230.65kcal (11.53%), Fat: 10.2g (15.7%), Saturated Fat: 4.51g (28.22%), Carbohydrates: 15.77g (5.26%), Net Carbohydrates: 12.75g (4.64%), Sugar: 4.45g (4.94%), Cholesterol: 74.55mg (24.85%), Sodium: 300.44mg (13.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.9g (39.8%), Vitamin A: 2282.61IU (45.65%), Selenium: 22.79µg (32.55%), Vitamin B3: 6.24mg (31.19%), Vitamin B6: 0.54mg (27.11%), Phosphorus: 244.82mg (24.48%), Vitamin C: 19.64mg (23.81%), Vitamin B1: 0.35mg (23.24%), Zinc: 3.03mg (20.19%), Vitamin B2: 0.32mg (19.1%), Potassium: 550.08mg (15.72%), Vitamin B5: 1.51mg (15.05%), Manganese: 0.26mg (13.06%), Vitamin B12: 0.74µg (12.3%), Fiber: 3.02g (12.09%), Magnesium: 43.78mg (10.95%), Iron: 1.94mg (10.78%), Copper: 0.19mg (9.36%), Vitamin K: 8.66µg

(8.25%), Folate: 26.32 μ g (6.58%), Vitamin E: 0.94mg (6.26%), Calcium: 42.97mg (4.3%), Vitamin D: 0.27 μ g (1.81%)