



Hominy and Pork Soup with Arbol Chile Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



313 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 ounces árbol chiles dried stemmed
- ☐ 3 large garlic cloves peeled
- ☐ 2 cups cabbage green thinly sliced
- ☐ 0.5 teaspoon ground allspice
- ☐ 8 cups hominy white canned drained (from five 15-ounce cans)
- ☐ 3 limes cut into wedges
- ☐ 1 pound meaty pork neck bones
- ☐ 2 pounds pork ribs boneless country-style fat trimmed cut into 2-inch pieces,

- ☐ 1 cup radishes thinly sliced
- ☐ 1 tablespoon sea salt fine
- ☐ 2 tablespoons sesame seed
- ☐ 12 cups water
- ☐ 1 cup onion white chopped

Equipment

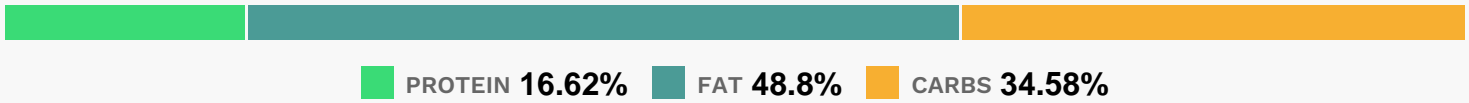
- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ pot
- ☐ sieve
- ☐ blender
- ☐ tongs

Directions

- ☐ Cook garlic cloves in heavy small skillet over medium-low heat until beginning to soften and blacken in spots, turning occasionally, about 15 minutes. Cool and peel garlic.
- ☐ Transfer to small bowl.
- ☐ Add sesame seeds to same skillet. Stir over medium-low heat until golden, about 6 minutes.
- ☐ Add sesame seeds to same bowl.
- ☐ Combine chiles and 2 cups boiling water in medium bowl.
- ☐ Let stand until chiles soften and water is cool, about 2 hours.
- ☐ Drain, reserving soaking liquid. Chop chiles and place in blender with seeds.
- ☐ Add 1 cup reserved soaking liquid; puree until almost smooth.
- ☐ Add allspice, garlic, and sesame seeds; puree until smooth, adding more soaking liquid by 1/4 cupfuls to thin puree if desired.
- ☐ Pour puree into strainer set over bowl; press on solids in strainer to extract as much liquid as possible for sauce.

- ☐ Place pigs' feet, boneless pork pieces, and neck bones in very large pot.
- ☐ Add 12 cups water. Bring to boil, skimming any gray foam from surface.
- ☐ Add garlic and salt; reduce heat to medium-low and simmer uncovered until pork is tender, about 1 hour 45 minutes. Using tongs, transfer pigs' feet, boneless pork pieces, and bones to bowl. Cool.
- ☐ Pull meat in small chunks from pigs' feet and neck bones; discard bones and cartilage. Shred boneless pork pieces coarsely. Return all meat to broth in pot.
- ☐ Add hominy; simmer soup 20 minutes to blend flavors, skimming any foam from surface. Season soup to taste with more salt. (Sauce and soup can be prepared 1 day ahead. Cover and chill sauce. Cool soup slightly. Chill uncovered until cold, then cover and keep refrigerated. Rewarm soup before serving.)
- ☐ Ladle soup into bowls. Pass sauce, limes, cabbage, onion, and radishes alongside to add to soup.
- ☐ *Thin, red, 3-inch-long dried chile that is very hot.

Nutrition Facts



Properties

Glycemic Index:21.5, Glycemic Load:1.25, Inflammation Score:-8, Nutrition Score:13.719565225684%

Flavonoids

Pelargonidin: 7.32mg, Pelargonidin: 7.32mg, Pelargonidin: 7.32mg, Pelargonidin: 7.32mg Hesperetin: 8.64mg, Hesperetin: 8.64mg, Hesperetin: 8.64mg, Hesperetin: 8.64mg Naringenin: 0.68mg, Naringenin: 0.68mg, Naringenin: 0.68mg, Naringenin: 0.68mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.38mg, Quercetin: 3.38mg, Quercetin: 3.38mg, Quercetin: 3.38mg

Nutrients (% of daily need)

Calories: 313.28kcal (15.66%), Fat: 17.16g (26.4%), Saturated Fat: 5.11g (31.95%), Carbohydrates: 27.35g (9.12%), Net Carbohydrates: 21.23g (7.72%), Sugar: 5.84g (6.49%), Cholesterol: 50.8mg (16.93%), Sodium: 1231.04mg (53.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.15g (26.3%), Selenium: 19.03µg (27.19%), Fiber: 6.12g (24.48%), Vitamin B6: 0.48mg (24.15%), Vitamin A: 1153.37IU (23.07%), Zinc: 3.29mg (21.93%), Vitamin C: 15.53mg (18.82%), Vitamin B3: 3.58mg (17.88%), Phosphorus: 168.27mg (16.83%), Vitamin B1: 0.25mg (16.52%), Vitamin K:

15.86µg (15.1%), Vitamin B2: 0.24mg (14.24%), Magnesium: 49.5mg (12.38%), Manganese: 0.25mg (12.27%), Copper: 0.24mg (12.12%), Iron: 2.17mg (12.08%), Potassium: 352.05mg (10.06%), Vitamin D: 1.46µg (9.74%), Vitamin B5: 0.76mg (7.59%), Calcium: 70.29mg (7.03%), Folate: 18.67µg (4.67%), Vitamin B12: 0.24µg (4.02%), Vitamin E: 0.51mg (3.38%)