



Hominy, Tomato, and Chili Soup



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



164 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup anaheim chili fresh stemmed seeded chopped
- ☐ 14 ounce frangelico diced canned
- ☐ 1 small pepper flakes dried stemmed seeded
- ☐ 0.3 cup corn chips crushed finely
- ☐ 1 teaspoon cumin seeds
- ☐ 2 garlic clove minced
- ☐ 14 ounce hominy drained canned
- ☐ 1 tablespoons juice of lime fresh

- ☐ 4 cups chicken broth
- ☐ 2 tablespoons olive oil
- ☐ 1 teaspoon oregano dried
- ☐ 1 cup onion white finely chopped

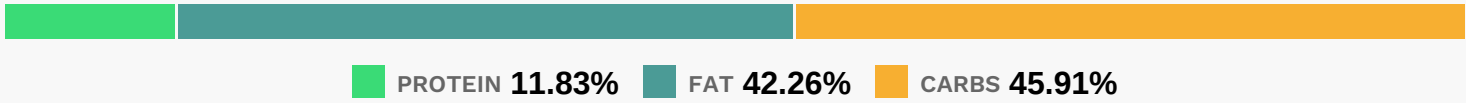
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ ladle
- ☐ ziploc bags

Directions

- ☐ Toast cumin seeds in heavy small saucepan over medium heat until beginning to darken in color, stirring often, about 3 minutes. Cool 10 minutes. Enclose in plastic bag and crush with hammer or mallet.
- ☐ Heat oil in heavy large saucepan over medium-high heat.
- ☐ Add onion, Anaheim chili, and garlic. Sauté until onion is translucent, about 5 minutes.
- ☐ Add New Mexico chili, oregano, and cumin seeds. Stir 2 minutes longer.
- ☐ Add broth, hominy, tomatoes with juices, and tostadas caseras. Bring soup to boil; reduce heat to medium-low, cover, and simmer until dried chili is very soft and flavors blend, about 45 minutes. Season soup with salt and pepper, then lime juice to taste. (Can be made 1 day ahead. Chill uncovered until cold, then cover and keep chilled. Rewarm soup before serving.) Ladle soup into bowls.
- ☐ *Also known as a California chili; available at Latin American markets and many supermarkets.**Available at Latin American markets and some supermarkets.

Nutrition Facts



Properties

Glycemic Index:18.67, Glycemic Load:0.9, Inflammation Score:-6, Nutrition Score:5.969130396843%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.44mg, Quercetin: 5.44mg, Quercetin: 5.44mg, Quercetin: 5.44mg

Nutrients (% of daily need)

Calories: 163.64kcal (8.18%), Fat: 7.98g (12.28%), Saturated Fat: 1.24g (7.78%), Carbohydrates: 19.51g (6.5%), Net Carbohydrates: 16.23g (5.9%), Sugar: 3.68g (4.09%), Cholesterol: 0mg (0%), Sodium: 368.89mg (16.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.02g (10.05%), Vitamin C: 16.21mg (19.65%), Fiber: 3.27g (13.09%), Vitamin B3: 2.38mg (11.92%), Phosphorus: 94.83mg (9.48%), Manganese: 0.16mg (8.04%), Vitamin E: 1.19mg (7.96%), Iron: 1.32mg (7.34%), Zinc: 1.02mg (6.79%), Copper: 0.13mg (6.69%), Potassium: 228.53mg (6.53%), Vitamin K: 6.53µg (6.22%), Vitamin B6: 0.12mg (5.77%), Magnesium: 22.64mg (5.66%), Vitamin B2: 0.07mg (4.29%), Selenium: 2.7µg (3.86%), Calcium: 37.47mg (3.75%), Vitamin B12: 0.16µg (2.62%), Folate: 8.95µg (2.24%), Vitamin B5: 0.19mg (1.89%), Vitamin B1: 0.03mg (1.82%), Vitamin A: 83.84IU (1.68%)