



Hopi Indian Stew with Posole

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



76 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 teaspoon coriander seeds toasted
- 43.5 ounce corn stock canned
- 1.5 cups grilled corn kernels
- 1 tablespoon cornstarch
- 1 teaspoon thyme leaves fresh minced
- 1.5 cups bell pepper diced green
- 0.5 cup hominy white canned drained (pozole blanco)
- 3.5 ounces oyster mushroom caps sliced

- 1 tablespoon olive oil
- 0.1 teaspoon pepper
- 1.5 cups bell pepper diced red
- 1 teaspoon rubbed sage
- 1 cup sweet potatoes and into diced peeled
- 0.5 cup turnip diced peeled
- 0.3 cup water
- 1 cup baby squash diced yellow
- 1 cup zucchini diced

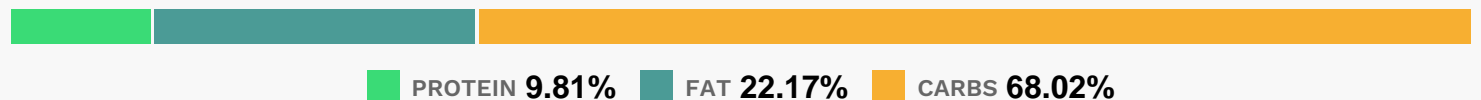
Equipment

- bowl
- dutch oven

Directions

- Heat oil in a large Dutch oven over medium heat.
- Add sweet potato and turnip; saut 5 minutes or until lightly browned.
- Add bell peppers, zucchini, and squash; saut 3 minutes.
- Add mushrooms; saut 1 minute.
- Add Corn Stock, Grilled Corn Kernels, hominy, thyme, sage, coriander seeds, and pepper.
- Combine water and cornstarch in a small bowl, stirring until well-blended; add to stew. Bring to a boil; reduce heat and simmer 5 minutes or until slightly thickened, stirring constantly.

Nutrition Facts



Properties

Glycemic Index:34.2, Glycemic Load:2.73, Inflammation Score:-9, Nutrition Score:10.046087061581%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.28mg, Luteolin: 1.28mg, Luteolin: 1.28mg, Luteolin: 1.28mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 75.63kcal (3.78%), Fat: 2.03g (3.13%), Saturated Fat: 0.32g (1.99%), Carbohydrates: 14.03g (4.68%), Net Carbohydrates: 11.36g (4.13%), Sugar: 5.24g (5.82%), Cholesterol: 0mg (0%), Sodium: 588.9mg (25.6%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 2.02g (4.05%), Vitamin C: 53.16mg (64.44%), Vitamin A: 3005.56IU (60.11%), Vitamin B6: 0.22mg (10.75%), Fiber: 2.67g (10.68%), Manganese: 0.19mg (9.66%), Folate: 34.28µg (8.57%), Potassium: 284.59mg (8.13%), Vitamin B2: 0.12mg (7.16%), Vitamin B3: 1.29mg (6.43%), Phosphorus: 54.59mg (5.46%), Magnesium: 20.56mg (5.14%), Vitamin E: 0.73mg (4.86%), Vitamin B5: 0.48mg (4.85%), Copper: 0.1mg (4.81%), Vitamin B1: 0.07mg (4.75%), Vitamin K: 4.94µg (4.7%), Iron: 0.69mg (3.84%), Zinc: 0.47mg (3.14%), Calcium: 17.99mg (1.8%), Selenium: 0.92µg (1.32%)