



Mexican Beef and Hominy Soup

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



246 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 pounds banana squash
- 14.5 oz canned tomatoes diced canned
- 2 stalks celery (4 oz. total)
- 3 quarts fat-skimmed beef broth
- 1 cup cilantro leaves fresh chopped
- 2 cloves garlic minced peeled
- 30 oz golden white drained and rinsed canned
- 4 oz chilies diced green canned

- 1 teaspoon ground cumin
- 8 oz onion peeled chopped
- 12 servings salt and pepper
- 1 cup cup heavy whipping cream sour
- 2 pounds stew meat rinsed cut into 3/4-inch chunks

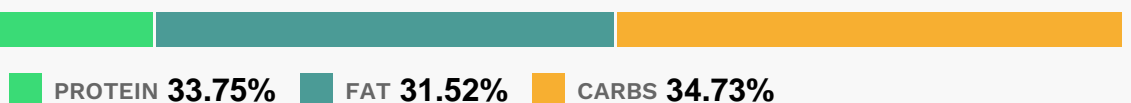
Equipment

- bowl
- frying pan

Directions

- In a covered 8- to 10-quart pan over high heat, bring beef, onion, garlic, and 1/2 cup water to a boil. Reduce heat to medium and simmer for 15 minutes, stirring occasionally. Uncover and cook over high heat, stirring often, until juices have evaporated and meat is browned, 10 to 20 minutes.
- Add chili powder (use larger amount for spicier flavor) and cumin; stir until fragrant, about 30 seconds, then add broth and tomatoes, including juice. Cover and bring to a boil, then reduce heat and simmer until meat is almost tender to bite, about 1 hour.
- Meanwhile, slice peel off squash and cut flesh into 3/4-inch cubes. Rinse celery and slice diagonally 1/4 inch thick.
- Add squash, celery, and green chilies; cover and return to a boil over high heat. Reduce heat and simmer, covered, until squash and beef are tender when pierced, about 15 minutes longer. Stir in hominy and return to a boil. Skim and discard fat.
- Add salt and pepper to taste.
- Serve soup from pan, or pour into a tureen. Put sour cream and cilantro in bowls and offer to add to taste.

Nutrition Facts



Properties

Glycemic Index:14.25, Glycemic Load:0.78, Inflammation Score:-8, Nutrition Score:19.703043523042%

Flavonoids

Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.75mg, Quercetin: 4.75mg, Quercetin: 4.75mg, Quercetin: 4.75mg

Nutrients (% of daily need)

Calories: 246.21kcal (12.31%), Fat: 9g (13.84%), Saturated Fat: 3.44g (21.49%), Carbohydrates: 22.3g (7.43%), Net Carbohydrates: 18.77g (6.83%), Sugar: 8.05g (8.94%), Cholesterol: 58.18mg (19.39%), Sodium: 1414.93mg (61.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.67g (43.34%), Vitamin B6: 0.8mg (40.06%), Selenium: 27.88µg (39.82%), Vitamin B3: 7.96mg (39.82%), Vitamin C: 29.5mg (35.76%), Vitamin B12: 1.91µg (31.87%), Vitamin A: 1437.22IU (28.74%), Phosphorus: 273.01mg (27.3%), Zinc: 3.78mg (25.17%), Potassium: 862.6mg (24.65%), Vitamin B2: 0.35mg (20.7%), Iron: 3.16mg (17.55%), Folate: 69.47µg (17.37%), Manganese: 0.34mg (16.91%), Fiber: 3.53g (14.12%), Magnesium: 51.88mg (12.97%), Copper: 0.25mg (12.56%), Vitamin B5: 1.18mg (11.81%), Vitamin B1: 0.17mg (11.66%), Vitamin K: 10.52µg (10.02%), Calcium: 88.91mg (8.89%), Vitamin E: 0.81mg (5.42%)