



Pork and Hominy Stew

 **Gluten Free**  **Dairy Free**

READY IN



300 min.

SERVINGS



10

CALORIES



508 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 ounces ancho chili pepper dried (2 to 4)
- 5 peppercorns whole black
- 2 ounces pepper flakes dried (6 to 9)
- 1 ounce cilantro leaves
- 26 garlic clove divided peeled ()
- 45 ounce hominy rinsed drained canned (also called pozole)
- 1 ounce mint leaves
- 1 teaspoon oregano dried (preferably Mexican)

- 4 pound pork ribs lean country-style (not)
- 1 strips pepper dried diced white hot thinly sliced sliced chopped
- 2 tablespoons vegetable oil
- 10 cups water
- 0.5 pound onion white chopped quartered

Equipment

- bowl
- frying pan
- pot
- sieve
- blender
- tongs
- kitchen twine

Directions

- Tie together mint and cilantro with kitchen string.
- Bring pork and water to a boil in a large pot, skimming froth, then reduce heat to a simmer.
- Add tied herbs, 20 garlic cloves, quartered onion, oregano, peppercorns, and 2 teaspoons salt and gently simmer, uncovered, until pork is very tender, about 2 hours. Strain broth through a large sieve into a large heatproof bowl. Return broth to pot. Discard mint and cilantro.
- Transfer cooked onion and garlic to a blender with 1 1/2 cups broth and purée until smooth (use caution when blending hot liquids).
- Add purée to broth. Discard bones and coarsely shred pork into broth.
- Meanwhile, slit chiles lengthwise, then stem and seed.
- Heat a large cast-iron skillet over medium heat until hot, then toast chiles in batches, opened flat, turning and pressing with tongs, until more pliable and slightly changed in color, about 30 seconds per batch.
- Transfer to a bowl and pour 2 1/2 cups boiling water over chiles. Soak, covered, until softened, about 30 minutes.

- Purée chiles with 1 1/2 cups soaking liquid, chopped onion, remaining 6 garlic cloves, clove, and 3/4 teaspoon salt in cleaned blender until a smooth paste forms, about 2 minutes.
- Heat oil in cast-iron skillet over medium heat until it shimmers, then add chile paste (it will spatter) and cook, stirring occasionally, until slightly thickened, 5 minutes.
- Add chile paste and hominy and simmer 5 minutes. Season with salt.
- Pozole can be made 3 days ahead. Chill, uncovered, to cool, then cover.

Nutrition Facts



Properties

Glycemic Index:17.1, Glycemic Load:1.4, Inflammation Score:-8, Nutrition Score:20.074782444083%

Flavonoids

Eriodictyol: 0.88mg, Eriodictyol: 0.88mg, Eriodictyol: 0.88mg, Eriodictyol: 0.88mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Isorhamnetin: 1.14mg, Isorhamnetin: 1.14mg, Isorhamnetin: 1.14mg, Isorhamnetin: 1.14mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 6.24mg, Quercetin: 6.24mg, Quercetin: 6.24mg, Quercetin: 6.24mg

Nutrients (% of daily need)

Calories: 508.02kcal (25.4%), Fat: 33.96g (52.25%), Saturated Fat: 10.2g (63.76%), Carbohydrates: 27.11g (9.04%), Net Carbohydrates: 21.63g (7.86%), Sugar: 5.45g (6.05%), Cholesterol: 101.6mg (33.87%), Sodium: 565.33mg (24.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.04g (46.08%), Selenium: 33.22µg (47.46%), Vitamin B6: 0.93mg (46.73%), Vitamin B3: 6.58mg (32.92%), Zinc: 4.78mg (31.88%), Vitamin A: 1527.85IU (30.56%), Vitamin B1: 0.45mg (29.83%), Phosphorus: 255.54mg (25.55%), Vitamin B2: 0.41mg (24.2%), Fiber: 5.48g (21.93%), Vitamin K: 21.09µg (20.09%), Vitamin D: 2.92µg (19.47%), Manganese: 0.37mg (18.53%), Vitamin C: 15.27mg (18.51%), Iron: 2.73mg (15.18%), Potassium: 517.04mg (14.77%), Magnesium: 56.14mg (14.04%), Copper: 0.25mg (12.28%), Vitamin B5: 1.15mg (11.46%), Vitamin B12: 0.48µg (8.04%), Calcium: 73.48mg (7.35%), Vitamin E: 1.09mg (7.24%), Folate: 14.79µg (3.7%)