



## Vegetarian Red Pozole with Red Beans

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



70 min.

SERVINGS



8

CALORIES



328 kcal

SIDE DISH

### Ingredients

- 2 ounces ancho chili pepper dried stemmed
- 8 servings pepper black freshly ground
- 30 ounce kidney beans rinsed drained canned
- 1 tablespoon apple cider vinegar
- 10 ounce ears corn fresh frozen
- 3 large garlic clove chopped
- 0.1 teaspoon ground cloves
- 2 teaspoons ground cumin

- 29 ounce hominy white rinsed drained canned (also labeled pozole and mote blanco)
- 8 servings lettuce dried shredded julienned chopped for squeezing, each in separate small bowls (preferably Mexican)
- 0.3 cup olive oil
- 2 cups onion chopped
- 1 teaspoon oregano dried
- 8 servings salt
- 1 teaspoon sugar
- 6 cups water divided
- 2 pounds zucchini cut into 1/2-inch pieces

## Equipment

- bowl
- frying pan
- pot
- blender
- tongs

## Directions

- Slit chiles open and remove seeds and veins.
- Heat a flat griddle or dry heavy skillet (not nonstick) over medium heat until hot, then toast the chiles, opened flat, 2 at a time, by pressing down and turning on either side with tongs, until fragrant and insides change color, about 1 minute.
- Put chiles in a bowl with cold water to cover and let soak until soft, about 20 minutes.
- While chiles are soaking, cook onion in oil in a 5- to 6-quart heavy pot over medium heat, stirring occasionally, until golden, 15 to 20 minutes.
- Transfer chiles with tongs to a blender (discard soaking water) and add garlic, cider vinegar, cumin, oregano, 1/2 teaspoon salt, sugar, cloves, and 1 cup water. Blend until smooth, about 1 minute.
- Add chile purée to pot and cook, stirring, 5 minutes.

- Add remaining 5 cups water, hominy, beans, zucchini, corn, and 1/2 teaspoon each salt and pepper and bring to a boil. Reduce heat and simmer, partially covered, stirring occasionally, until zucchini is tender, about 20 minutes. Season to taste with salt and pepper.
- To serve the stew, surround it with small bowls of the accompaniments and let the guests garnish their servings as they wish.
- Like all stews, the flavor of pozole improves as it stands. It will be even better when made up to 2 days ahead.

## Nutrition Facts



### Properties

Glycemic Index:38.51, Glycemic Load:7.44, Inflammation Score:-10, Nutrition Score:22.469565163488%

### Flavonoids

Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 10.15mg, Quercetin: 10.15mg, Quercetin: 10.15mg, Quercetin: 10.15mg

### Nutrients (% of daily need)

Calories: 327.82kcal (16.39%), Fat: 9.59g (14.76%), Saturated Fat: 1.45g (9.07%), Carbohydrates: 53.27g (17.76%), Net Carbohydrates: 39.22g (14.26%), Sugar: 15.79g (17.54%), Cholesterol: 0mg (0%), Sodium: 862.13mg (37.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.79g (23.57%), Fiber: 14.05g (56.19%), Vitamin A: 2630.28IU (52.61%), Manganese: 0.95mg (47.27%), Vitamin K: 44.7µg (42.57%), Vitamin C: 31.63mg (38.34%), Potassium: 1013.46mg (28.96%), Folate: 108.49µg (27.12%), Phosphorus: 268.88mg (26.89%), Magnesium: 103.24mg (25.81%), Vitamin B6: 0.47mg (23.5%), Iron: 3.95mg (21.93%), Vitamin B1: 0.29mg (19.22%), Vitamin B2: 0.33mg (19.2%), Copper: 0.36mg (17.99%), Zinc: 2.6mg (17.35%), Vitamin B3: 2.51mg (12.56%), Vitamin E: 1.66mg (11.09%), Calcium: 105.34mg (10.53%), Vitamin B5: 0.99mg (9.9%), Selenium: 5.44µg (7.77%)