



Pork Pozole

Recipe Source: www.cookinglight.com

Serves 4

Ingredients:

- 1 tsp olive oil
- 8 oz boneless pork shoulder, trimmed and cut into 1/2-inch pieces
- 1 cup chopped onion
- 4 garlic cloves, minced
- 1 1/2 tsp ground cumin
- 1/2 tsp ground red pepper (cayenne pepper)
- 2 1/2 cups low-sodium chicken or vegetable broth
- 1/2 cup salsa verde
- 1 (28 oz) can hominy, rinsed and drained
- 1/4 cup chopped fresh cilantro leaves, for garnish
- 4 radishes, sliced, for garnish
- 1 lime, cut into wedges, for garnish

Steps:

- Heat a large heavy-bottomed pot over medium-high heat. Add oil and swirl to coat. Add pork, sauté 5 minutes, turning to brown all sides.
- Remove pork from pan, reserving 1 Tablespoon drippings in pan. Add onion to pan and sauté 4 minutes, stirring occasionally. Add garlic and sauté 1 minute, stirring constantly.
- Return pork to pan and stir in cumin and red pepper. Add broth, salsa, and hominy and bring to a boil. Cover, reduce heat, and simmer 40-50 minutes or until pork is very tender, stirring occasionally.
- Ladle 1 1/4 cups soup into each of 4 bowls. Top each serving with 1 Tablespoon cilantro and 1 sliced radish. Serve with lime wedges.

Tips from the Test Kitchen: You can usually save a little bit of money by buying your pork in the larger piece and then asking your butcher to cube it for you, rather than buying the pork already cut up. You'll also save time by not having to cut it yourself. The garnishes really add to the soup so don't leave them out!

Nutritional Facts (per serving): Calories: 324, Carbohydrates: 35 grams, Protein: 15 grams, Total Fat: 14 grams, Saturated Fat: 4 grams, Cholesterol: 40 mg, Sodium: 1333 mg, Fiber: 7 grams, Total Sugars: 6 grams.