

Vegan Pozole



Prep:

10 mins

Total:

40 mins

Makes:

8 servings

Utensil:

Complete Gourmet Collection - 8.5 Qt. Roaster

Saladmaster Food Processor

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Recipe Description:

Whether you're a committed vegan, or a meat-loving foodie this new twist on a traditional Mexican favorite will leave your mouth watering for more. (And, without expanding your waistline!) This delicious soup is not only hearty and delicious but is made completely out of plant-based ingredients! Not to mention, only a whopping 169 calories per serving. To make this soup even more nutritious and filling, feel free to add in your favorite vegetables like broccoli, cauliflower, green beans, asparagus, tomatoes, squash, etc.

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hominy
(.58
kg)
3
medium
potatoes, washed and cut into 1 inch pieces
4
medium
carrots, scrubbed and sliced, use Cone #3
1
medium
onion, strung, use Cone #2
2
tbsp
fresh garlic, shredded, use Cone #1
(18
g)
1
tbsp
cumin powder
(1
g)
2
tbsp
ground oregano
(2
g)
2
anaheim chiles, coarsley chopped
5
tbsp
chili powder
(43
g)
8
cups
vegetable broth
(2000
ml)
sea salt & pepper to taste
2 vegetable bouillon cubes (optional)

Garnish

red cabbage, shredded, use Cone #5
radishes, sliced, use Cone #4
fresh jalapeno, sliced, use Cone #4
fresh cilantro, chopped
fresh limes wedges
sliced avocado

Directions:

1. In the roaster, combine the hominy, potatoes, carrots, onions, garlic, oregano, cumin, diced chiles, chili powders, and vegetable broth.
2. Set burner to medium heat. When Vapo-Valve? begins to click steadily, turn heat down to low and cook for an additional 20-30 minutes or until the hominy has softened and the soup has thickened.
3. Add salt and pepper taste.
4. Serve hot, garnish with cabbage, radishes, onion, jalapeno, avocado and cilantro. Serve with a lime wedge on the side.

Tips:

- To make this soup even more nutritious and filling, feel free to add in your favorite vegetables. For example, broccoli, cauliflower, green beans, asparagus, tomatoes or squash.

Nutritional Information per Serving

Calories:

169

Total Fat:

2g

Saturated Fat:

0g

Cholesterol:

0mg

Sodium:

135mg

Total Carbs:

35g

Dietary Fiber:

8g

Sugar:

9g

Protein:

5g