



Fiery Pork and Hominy Soup



Makes 4 servings

Ingredients

- 1/2 tablespoon canola oil
- 1 pound pork tenderloin, trimmed and cut into bite-size pieces
- 2 jalapeño peppers, diced (leaving some or all seeds according to desired heat)
- 1 14.5-ounce can unsalted stewed tomatoes
- 1 cup water
- 1 15.5-ounce can white hominy
- 1 1/2 teaspoons ground cumin
- 3/4 teaspoon smoked paprika
- 1/3 cup chopped cilantro

Directions

1. Heat oil in large saucepan over medium-high heat.
2. Add pork and cook for 4 to 5 minutes without stirring, until pork is browned and releases easily from the pan. Stir and continue cooking until all sides of pork are browned. Then add diced jalapeño and cook for 1 more minute
3. Add the tomato, water, hominy, cumin and smoked paprika. Simmer for 20 minutes, stirring occasionally. Add cilantro in the last 3 to 5 minutes of cooking.
4. Serve warm.



MAIN DISH



TIP

To reduce your sodium (salt) intake, use dried hominy. To prepare hominy for this soup rinse 1/2 cup dried hominy under cool water. Pick out pebbles and bad kernels and throw them away. In a medium bowl, cover hominy in 2 inches of water. Soak for 12 hours. Rinse. Add hominy to a large stockpot. Cover with 2 to 3 inches of water. Bring to a boil. Reduce heat and simmer for 1 to 2 hours or until hominy kernels open. Add to soup.



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Nutrition Facts

Serving Size 1 1/3 cup (396g)
Servings Per Container 4

Amount Per Serving

Calories 270 Calories from Fat 60

% Daily Value*

Total Fat 7g 11%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 75mg 25%

Sodium 470mg 20%

Total Carbohydrate 23g 8%

Dietary Fiber 5g 20%

Sugars 7g

Protein 26g

Vitamin A 8% • Vitamin C 30%

Calcium 6% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Carb choices per serving: 1 1/2