

Pozole Soup with Pork Shoulder

Internet address: <http://tastesbetterfromscratch.com/pozole/>

Adapted from Tastes Better From Scratch



PORK:

- 1 1/2 pounds pork shoulder, 1 1/2" cubes
- 3 cloves garlic, peeled, but left whole
- 1/2 teaspoon salt
- 1/2 yellow onion, quartered (be sure to leave stem core attached so the onion doesn't break apart in the cooking)
- 1 bay leaf
- 3/4 tablespoon Better Than Bouillon Organic Roasted Chicken Base, or chicken bouillon granules
- 6 ounces canned tomato sauce

CHILE SAUCE:

- 3 dried guajillo chiles
- 3 dried ancho chiles
- 1 dried chile de arbol (this one has some heat)
- 1 tablespoon dried oregano
- 1 teaspoon ground cumin
- 3 ounces tomato paste
- 1 teaspoon white vinegar
- 12 ounces hominy, drained and rinsed (optional if you're trying to reduce carbs)
- salt and pepper to taste

TOPPING:

- thinly shredded cabbage
- Mexican cheese blend
- diced onion or green onion
- thinly sliced radishes
- avocado
- fresh cilantro
- lime wedges

warm corn or flour tortillas (optional)

Per Serving (excluding unknown items): 290 Calories; 15g Fat (46.7% calories from fat); 24g Protein; 15g Carbohydrate; 3g Dietary Fiber; 72mg Cholesterol; 844mg Sodium; 3g Total Sugars; 1mcg Vitamin D; 45mg Calcium; 2mg Iron; 265mg Potassium; 274mg Phosphorus. Exchanges: .

Carolyn T's Blog: tastingspoons.com

Servings: 6

Start to Finish Time: 2 hours 30 minutes

NOTE: If you make this without hominy, and don't serve the tortillas, but do use all of the toppings, it is a low carb meal. If you want a more spicy version, add some chipotle chile in adobo to the soup. Using the dried chiles, this pozole is quite mild.

1. Cut pork roast into cubes, trimming and discarding any big pieces of fat. Add to a large stock pot with enough water to cover the meat by at least an inch. Bring pot to a boil. Skim off any foam that rises to the surface.
2. Add to the pot the onion, garlic cloves, bay leaf, salt, chicken base, and tomato sauce. Cover and simmer for 1 1/2 hours. Taste the pork to see if it's soft and almost tender.
3. CHILE SAUCE: Remove seeds from the dried chilies and add to a small pot with enough water to cover them.
4. Bring to a boil and simmer for 15 minutes. (If you have difficulty breaking open the chiles to remove the seeds, you can wait until after you've hydrated them, but it's a bit more tedious - and you may get some chile burn on your hands.) Remove from heat. Use a slotted spoon to spoon the chilies into a blender. Try not to add any chile seeds to this mixture. Add 1 cup liquid from the saucepan that you rehydrated them. Blend mixture well until smooth. If you have more than a cup of leftover liquid, save it and add to the meat toward the end. It's flavorful and you don't want to throw it out. Strain it to remove any seeds.
5. From the stockpot with the meat, remove bay leaf, onion, and garlic cloves. Add the blended chile mixture, then add tomato paste, oregano, cumin, white vinegar, and hominy (if using). Season with salt and pepper to taste. Bring to a simmer, cover, and continue cooking for 20-30 minutes, or until pork is very tender. Using two forks, break the pork into smaller bite-sized pieces.
6. Taste and adjust seasonings (add more salt, oregano, to taste).
7. The toppings really make the soup! Ladle about a cup of the meat/soup into bowls and top with a handful of shredded cabbage, green onions, fresh cilantro, avocado, thinly sliced radishes and a squeeze of fresh lime juice. Serve with a warmed tortilla on the side if desired.