

Vegetarian Pozole Verde (Hominy Soup)

This recipe is my vegetarian adaptation of Pozole Verde: Hominy and Meat Soup with Green Herbs from 'A Cook's Tour of Mexico' by Nancy Zaslavsky. It's a great way to use up all the tomatillos and greens that we tend to get in our CSA boxes in the Pacific Northwest. This soup is great topped with a quick red onion pickle and crumbled cotija cheese.

Submitted by **Grace Preyapongpisan**

Prep Time: 30 mins

Cook Time: 1 hr 31 mins

Additional Time: 8 hrs 5 mins

Total Time: 10 hrs 6 mins

Servings: 8

Yield: 8 servings

Ingredients

½ pound dried pinto beans

½ cup vegetable oil, divided

8 ounces raw shelled pumpkin seeds

Tomatillo Sauce:

1 pound tomatillos - husked, cored, chopped

10 serrano peppers, chopped

1 bunch arugula leaves, chopped

10 leaves fresh spinach, chopped

10 leaves Boston lettuce, chopped

¼ cup chopped fresh parsley

¼ cup chopped fresh cilantro leaves

2 quarts vegetable stock, or more as needed

2 (29 ounce) cans white hominy, drained and rinsed

salt and ground black pepper to taste

Directions

Step 1

Place pinto beans in a large stock pot with water to cover; let soak, 8 hours to overnight. Drain.

Step 2

Cover the beans with about 3 inches water and cook over medium-low heat until tender, 35 to 40 minutes. Drain.

Step 3

Heat 1/4 cup vegetable oil in a skillet over medium-high heat. Add pumpkin seeds; cook and stir until light brown and popping, about 6 minutes. Let cool slightly, about 5 minutes.

Step 4

Pour pumpkin seeds and oil into a blender or food processor. Blend until smooth. Add 1/2 the tomatillos, serrano peppers, arugula, spinach, lettuce, parsley, and cilantro into the blender. Puree until smooth. Pour into a large bowl. Repeat with remaining tomatillos, serrano peppers, arugula, spinach, lettuce, parsley, and cilantro.

Step 5

Heat remaining 1/4 cup oil in a deep pot. Add the tomatillo sauce carefully. Simmer, stirring with a wooden spoon, until thickened, about 30 minutes.

Step 6

Pour pinto beans, vegetable stock, and hominy into the pot. Bring to a boil. Reduce heat to low. Let simmer, uncovered, until flavors are thoroughly blended, about 15 minutes. Season with salt and pepper.

Cook's Notes:

You can use dried cranberry beans in place of the pinto beans if desired.

Substitute serrano chiles with any mild chile you prefer.

You may need to blend the sauce in more than 2 batches depending on the size of your blender or food processor.

Nutrition Facts

Per serving: 563 calories; total fat 30g; saturated fat 5g; sodium 753mg; total carbohydrate 59g; dietary fiber 13g; total sugars 8g; protein 18g; vitamin c 21mg; calcium 145mg; iron 9mg; potassium 1051mg