

# PINTO BEAN & HOMINY SOUP

servings: 8

prep time: 1-12 hrs

cook time: 1-3 hours

## INGREDIENTS

1 lb Pinto Beans	1 tsp Garlic Powder	<i>Optional:</i>
1/3 lb Dried Hominy	1/2 tsp Cumin	<i>1 Small Onion, diced</i>
32 oz Veggie Broth	1/4 tsp Dried Oregano	<i>1 Jalapeño Pepper</i>
1 tsp Chili Powder	1/4 tsp Dried Sage	<i>1/4 tsp Cayenne Powder</i>

## DIRECTIONS

1. Rehydrate hominy by covering in 3 inches of water and soaking overnight in refrigerator (or in hot tap water for 1 hour).
2. Add broth, dry pinto beans, and seasonings to a medium pot or saucepan and bring to boil. Let boil for 5 minutes, then reduce heat to simmer and cover.
  - a. *If including optional ingredients, add to pot here.*
3. Simmer covered for 1 hour, stirring occasionally.
4. Using a metal spoon or potato masher, roughly mash beans in broth until they are mostly broken up. They will continue to fall apart as they cook, so they don't need to be fully mashed. Add hominy and return to simmer, then cover.
5. Simmer an additional 1-2 hours until soup has thickened and hominy is desired texture. You may need to add water at this step to maintain your desired consistency.

# Nutrition Facts

Serving size 1 cup (210g)

Amount Per Serving

**Calories** 280

% Daily Value\*

**Total Fat** 1g 1%

Saturated Fat 0g 0%

*Trans* Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 360mg 16%

**Total Carbohydrate** 54g 20%

Dietary Fiber 9g 32%

Total Sugars 3g

Includes 0g Added Sugars 0%

**Protein** 14g

Vitamin D 0mcg 0%

Calcium 73mg 6%

Iron 4mg 20%

Potassium 869mg 20%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.