

Posole Soup

“Prepare yourself for a real treat if you haven’t discovered this traditional Mexican soup. It screams with authentic flavor and the aroma is heavenly. Simple and quick to make. For a vegetarian meal, leave out the chicken”.

10 servings of approximately 1 1/2 cups each

INGREDIENTS:

- 2 (15.5 ounce) cans Great Northern beans, undrained
- 1 (15.5 ounce) can hominy, undrained
- 2 (14.5 ounce) cans Mexican stewed tomatoes, undrained
- 1 (28 ounce) can diced Italian plum tomatoes, undrained
- 1 (11 ounce) can whole kernel yellow corn, undrained
- 1 (7 ounce) can diced green chiles
- 2 teaspoons ground coriander
- 1 teaspoon fresh orange rind, grated
- 1 teaspoon hot chili powder
- 1/2 cup orange juice
- 2 bay leaves
- 2 cups of water
- 2 cups white chicken meat, diced or shredded
- 1/4 cup fresh cilantro, chopped

DIRECTIONS:

- Combine all ingredients except cilantro in a large soup pot or Dutch oven. Bring to a boil. Cover, reduce heat, and simmer for 20 to 30 minutes, stirring occasionally. Discard bay leaves.
- Add cilantro, stir to mix. Add more water or tomatoes if soup is too thick.
- Ladle into bowls.

The Food and Mood Cookbook by Elizabeth Somer: page 96