

Pozole de Frijol (Bean, Hominy & Chili Soup)

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield

50 Servings

100 Servings

Skill Level: Advanced

Ingredients	Weight	Measure	Weight	Measure
Garbanzo beans, canned, drained, rinsed		1 ½ gallons + 1 cup OR 3 - #10 can		3 gallons + 1 pint OR 6 - #10 can
Water		1 ¼ gallons		2 ½ gallons
Vegetable broth, reduced sodium		3 quarts		1 ½ gallons
Olive or vegetable oil		1 cup		1 pint
Onion, diced	4 lbs. 11 oz. OR	1 ¼ gallons	9 lbs. 6 oz.	OR 2 ½ gallons
Diced tomatoes, canned		2 ½ quarts		1 ¼ gallons
Hominy, canned, drained, rinsed		1 ¼ gallons		2 ½ gallons
Garlic, minced OR Garlic powder		1 ½ cups OR 2 ½ tsp		3 cups OR 1 ¾ Tbsp.
Salt		⅓ cup		⅔ cup
Oregano, dried		⅔ cup		1 ⅓ cup
Black pepper		1 Tbsp.		2 Tbsp.
Lime juice, fresh (optional)		¾ cup		1 ½ cups

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

HACCP – Standard Operating Procedure- Wash all produce before starting this recipe.

Preparation

1. Heat oil in a tilt skillet, kettle or in a large pot using a stove top; add the onion and garlic and sauté for about five minutes on medium heat.
2. Add the tomatoes, salt, black pepper, oregano, water and vegetable broth. Stir mixture and bring to a boil.
3. Add the beans and hominy; bring to a simmer.
4. Let simmer on low heat for 20-30 minutes.
5. Add the lime juice, if using. Stir to combine.
6. Transfer to serving pans.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

Pozole de Frijol (Bean, Hominy & Chili Soup) Continued

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Serving Information

Portion 1 cup per serving. Each 1 cup serving provides 2 meat/meat alternates or ½ cup bean/legume vegetable subgroup.

OR

Portion ½ cup per serving.

Each serving provides 1 meat/meat alternates or ¼ cup vegetable group.

Nutrition Information per 1 cup serving *From USDA Nutrient Database

Calories: 239 Total Fat: 5g Saturated Fat: 1g Monounsaturated Fat: 2g Polyunsaturated Fat: 2g Trans Fat: 0g
Cholesterol: 0mg Carbohydrate: 39g Fiber: 10g Total Sugar: 8g Protein: 10g Sodium: 696mg Vitamin A:
13µg Vitamin C: 12mg Calcium: 88mg Iron: 3mg Folate: 93µg

