Black Bean Posole

Ingredients:

1 Tbsp. canola oil
1 medium onion, diced
1 green or red bell pepper, seeded and diced
2 stalks celery, diced
3 cloves garlic, minced
2 cups black beans, cooked from dry
1 (15oz.) can diced tomatoes
1 (14 oz.) can white hominy, drained
2 cups water
2 Tbsp. fresh parsley, minced
2 tsp. oregano
2-3 tsp. ground cumin
1½ tsp. chili powder
Salt and pepper to taste

Directions:

1. Heat oil in a large pot
2. Sauté onion, pepper, celery and garlic for 7-8 minutes
3. Stir in the beans, water, tomatoes, hominy and seasonings, bring to a boil, and then simmer for about 20 minutes, stirring occasionally.

Yields about 8 servings.

Source: Recipe from Broome County CCE

Nutrition Facts
Serving Size 1/8 of recipe (254g)
Servings Per Container 8

| Amount Per Serving | Calories | 140 | Calories from Fat | 25%
|-------------------|---------|-----|------------------|------
|                   | Total Fat | 2.5g | % Daily Value | 4%
|                   | Saturated Fat | 0g | 0%
|                   | Trans Fat | 0g | 0%
|                   | Cholesterol | 0mg | 0%
|                   | Sodium | 350mg | 15%
|                   | Total Carbohydrate | 23g | 8%
|                   | Dietary Fiber | 7g | 28%
|                   | Sugars | 4g | 2%
|                   | Protein | 6g | 0%

Vitamin A 10%  •  Vitamin C 45%
Calcium 6%  •  Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

<table>
<thead>
<tr>
<th>Calories</th>
<th>2,000</th>
<th>2,500</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>Less than 65g</td>
<td>50g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>Less than 20g</td>
<td>25g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than 300mg</td>
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<tr>
<td>Sodium</td>
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<tr>
<td>Total Carbohydrate</td>
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<td>37g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25g</td>
<td>30g</td>
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</tbody>
</table>

17.9% calories from fat

Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

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