Black Bean Posole
Makes 8 servings

Ingredients:
- 1 tablespoon canola oil
- 1 medium onion, diced
- 1 green or red bell pepper, seeded and diced
- 2 stalks celery, diced
- 3 cloves garlic, minced
- 1 15 ounce can black beans, drained and rinsed
- 1 15 ounce can diced tomatoes
- 1 15 ounce can white hominy, drained
- 2 cups water
- 2 teaspoons dried parsley
- 2 teaspoons oregano
- 2-3 teaspoons ground cumin
- 1½ teaspoons 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, tomatoes, hominy, water, parsley, oregano, cumin, chili powder, salt and pepper. Bring to a boil, then lower heat and simmer for about 20 minutes, stirring occasionally.

Source: Broome County Cornell Cooperative Extension

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

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