

Mexican Pozole

Mexican comfort food at its best. We're making our version of the classic stew with corn, hominy, black beans, tiny cauliflower bits and plenty of cilantro crema. It's a cozy dinner that's just right for a cold night.

30 *Minutes to the Table*

15 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Saucepan or
Dutch Oven

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Carrots & Celery
Cauliflower
Wine Mix
Corn & Hominy
Beans & Tomatoes
Cilantro Crema

Make The Meal Your Own

Want to make the meal more fun? Serve with tortilla chips as dippers.

Omnivore's Option – Ground pork or ground beef are traditional additions. Brown the meat with the cauliflower in step 2.

Make ahead tip – Cook all the vegetables (up through the first half of step 2). Add the corn, hominy, beans and tomatoes, but stop there. When you're ready to eat, add the water and heat everything together.

Like it hot? Add a pinch or two of crushed red pepper to your pozole once it's cooked.

Good To Know

If you're making the vegan version, we've given you cilantro instead of the crema. Sprinkle it on top or mix it with soy yogurt for a creamier finish.

Don't know what Hominy is? Hominy is made from corn kernels that have been soaked in a lime solution to soften their outer hulls. The result is super puffed up corn that we just love!

Health snapshot per serving – 515 Calories, 19g Protein, 13g Fat, 12g Fiber, 17 Smart Points

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Cauliflower, Tomato, Black Beans, Onion, Corn, Hominy, Carrot, Celery, Sour Cream, White Wine, Cider Vinegar, Cilantro, Garlic, Lime Juice, Brown Sugar, Herbs and Spices

meez *meals*

1. Getting Organized

Heat 2 Tbsp of oil in a large saucepan or Dutch oven on high heat.

2. Make the Pozole

Add **Carrots & Celery** to the pan and cook for 5 minutes on high, stirring 2 or 3 times while it cooks. Add the **Cauliflower** and cook until browned, stirring frequently, for 7 to 9 minutes. Add the **Wine Mix** and bring to a boil. Once boiling, reduce the heat and simmer for 2 minutes.

Add **Corn & Hominy, Beans & Tomatoes** and 1¼ cups water. Bring to a boil and then reduce to a simmer and cook for 15 minutes, until the pozole thickens slightly. Season with salt and pepper to taste.

3. Put It All Together

Spoon the pozole into bowls and mix a spoonful of **Cilantro Crema** into each bowl to make a creamy stew. Top with additional crema to taste. Enjoy!

The cauliflower is the key to developing a deep flavor in this recipe, so be sure it's nicely browned in places before adding the wine mix.

Love this recipe? #meezmagic

Instructions for two servings.

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