



## Hominy & Ham Soup

- 1 Tbsp. olive oil
- 1 large onion, chopped
- 3 cloves garlic, thinly sliced
- 1 green bell pepper, cut into ½-in. pieces
- 1½ tsp. ancho chili powder
- 2 smoked ham hocks (1½ lb. total), skin removed, or a ham bone from a baked ham
- 8 cups water
- ¾ tsp. salt
- 2 cups chopped fresh or canned tomatoes
- 2 cans (15 oz. each) white hominy, drained
- ¾ lb. baked ham, cut into ½-in. chunks (2 cups)
- 1 lime, cut into wedges, for serving



1. In a large Dutch oven or heavy pot, heat oil. Add onion and garlic, and cook, stirring often, until tender, about 7 minutes.
2. Add bell pepper and cook until almost tender, about 5 minutes.
3. Stir in ancho powder. Add ham hocks, water and salt, and bring to a boil over high heat. Reduce to a simmer, cover and cook for 1½ hours. Discard bones.
4. Add tomatoes and hominy, and cook, uncovered, for 30 minutes. Stir in ham and cook to heat through. Serve with lime wedges.

Makes 6 servings

Per serving: 227 calories, 9.5 g fat, 20 g carbohydrates (3.4 g fiber), 18 g protein, 1,084 mg sodium

