

# Vegan Pozole Stew

## 6 SERVINGS

### Ingredients

- 2 cups dried posole, or 3 to 4 cups canned with water
- 6 qt. water
- 3 Tbs. vegetable oil
- 1 onion, small dice
- 2 garlic cloves, minced
- 2 zucchini, cut in half lengthwise and into thin slices crosswise
- 20 oz can of Jackfruit, strainrb
- 4 tomatoes, diced
- 8 dried Guajillo red chile pods, simmered and seeded
- 4 cups vegetable broth
- 1 1/2 tsp. salt

### Preparation

1. Soak dried pozole overnight in 1 quart water. Next day, drain posole, and discard soaking water.
2. Place posole in large pot of water to cover by 3 inches. Bring posole to a boil over high heat, and reduce heat to low, cooking, uncovered, about 1 1/2 hours, or until kernels burst and are puffy and tender. Add water during cooking, if needed. Drain posole, and set aside.
3. Heat oil in 6-quart pot over medium-high heat, and sauté onion until clear, about 7 minutes. Add garlic, zucchini, yellow squash and tomatoes, and sauté 3 minutes more.
4. Add pozole, red chile pods, bay leaves, vegetable broth and azafrán. Bring to a boil, and reduce heat to low, cooking 30 minutes. Add oregano, thyme and salt, and continue cooking 30 minutes more, adding more water if needed. Serve hot in large soup bowls with warm bread.

### Nutrition Information

Calories: 230 Carbohydrate Content: 40 g Fat Content: 7 g Fiber Content: 4 g Protein Content: 4 g Sodium Content: 690 mg Sugar Content: 9 g