

Vegetarian Posole

(Serves 6)

1 cup dried pinto beans, sorted and soaked overnight
4 cups vegetable broth or water
1, 4 inch piece of kombu seaweed, optional
3 Tablespoons olive oil
1 large onion, diced small
1 large carrot, diced small
1 large celery rib, diced small
1 medium bell pepper, chopped
12 mushrooms, sliced
1 small Serrano pepper, minced
4 cloves garlic [1 Tablespoon], minced
1 Tbs. freshly ground cumin seeds
2 tsp. freshly ground coriander seeds
1 teaspoon chili powder
1 can (15 oz.) diced tomatoes with juice
½ tsp. salt, to taste
2 small zucchini, halved and sliced
1 can hominy, 28 oz. can, rinsed
Fresh ground black pepper to taste
Juice of 1 lime
¼ cup parsley or cilantro, chopped (garnish)

Drain and rinse the pintos, and place them in a heavy bottomed pot with enough water or stock so that the beans are covered by at least 2 inches of fluid. Add kombu to the pot, and bring to a boil. Reduce heat to a simmer and cook until beans are tender, 45 minutes to an hour. **Drain in a colander over a bowl, reserving cooking liquid.**

Place the same pot over medium flame and add oil. Add the onions and a pinch of salt, sauté until translucent, about 5 minutes. Stir in the carrot, celery, bell pepper, mushrooms, another pinch of salt, and cook about 4 minutes more. Add Serrano chili, garlic, cumin, coriander, chili powder and cook 1 more minute. Stir in tomatoes, ½ teaspoon salt, and 6- 7 cups of the reserved bean cooking liquid. Simmer, stirring occasionally, for 15 – 20 minutes, until vegetables are very tender and stew is thickened.

Stir in the zucchini, hominy, and beans. Continue to simmer an additional 5-10 minutes until zucchini is tender. Season stew with additional salt and pepper, to taste, and the fresh lime juice. Stir in cilantro and serve.

Catherine McConkie, 2008

Chef C's Cooking Tips:

- **Cooking beans at a hard boil can cause the skins to rupture and create mushy beans.**
- **Kombu is a potent sea vegetable that is loaded with minerals. Cooking beans with it makes the beans easier to digest.**