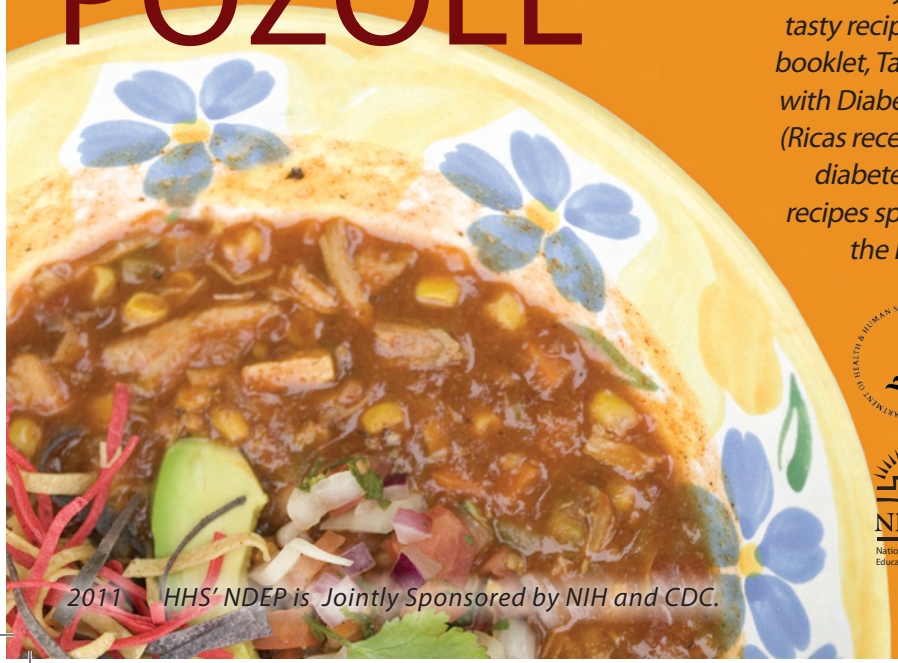
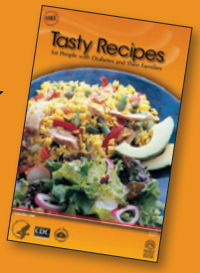
National Diabetes Education Program

POZOLE



It's more than food. It's Life.
Más que comida, es vida.

Would you like to enjoy other tasty recipes? The NDEP's recipe booklet, Tasty Recipes for People with Diabetes and Their Families (Ricas recetas para personas con diabetes y sus familiares), has recipes specifically designed for the Latin American palate.



NDEP
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NDEP-124

POZOLE

Only a small amount of oil is needed to sauté meat. Total servings: 8.

Ingredients:

- 2 pounds lean beef, cubed
- 1 Tbsp. olive oil
- 1 large onion, chopped
- 1 clove garlic, finely chopped
- ¼ tsp. salt
- ⅛ tsp. pepper
- ¼ cup fresh cilantro, chopped
- 1 can (15 ounces) stewed tomatoes
- 2 ounces tomato paste
- 1 can (1 pound 13 ounces) hominy

Directions:

- In a large pot, heat olive oil. Add beef and sauté.
- Add onion, garlic, salt, pepper, cilantro, and enough water to cover meat. Stir to mix ingredients evenly. Cover pot and cook over low heat until meat is tender.
- Add tomatoes and tomato paste. Continue cooking for about 20 minutes.
- Add hominy and continue cooking another 15 minutes, stirring occasionally. If too thick, add water for desired consistency.

Option: Skinless, boneless chicken breasts can be used instead of beef cubes.

Exchanges:

Meat 3	Vegetables 1
Bread ½	Fat 1

Note: Diabetic exchanges are calculated based on the American Diabetes Association Exchange System.

Nutrition facts: Pozole

Serving Size.....1 cup

Amount per serving

Calories.....220 Calories from fat.....70

% Daily Value (DV)*		
Total Fat 7g.....11%	Sodium 390mg.....16%	Vitamin A.....4%
Saturated Fat 2g.....10%	Total Carbohydrate 17g.....6%	Vitamin C.....10%
Trans Fat 0g	Dietary Fiber 3g.....12%	Calcium.....4%
Cholesterol 70mg.....23%	Sugars 5g	Iron.....15%
	Protein 21g	

*Percent Daily Values are based on a 2,000 calorie diet.

Order or download copies of the Más que comida, es vida. materials and the recipe booklet at www.yourdiabetesinfo.org, or call 1-888-693-NDEP (1-888-693-6337).

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