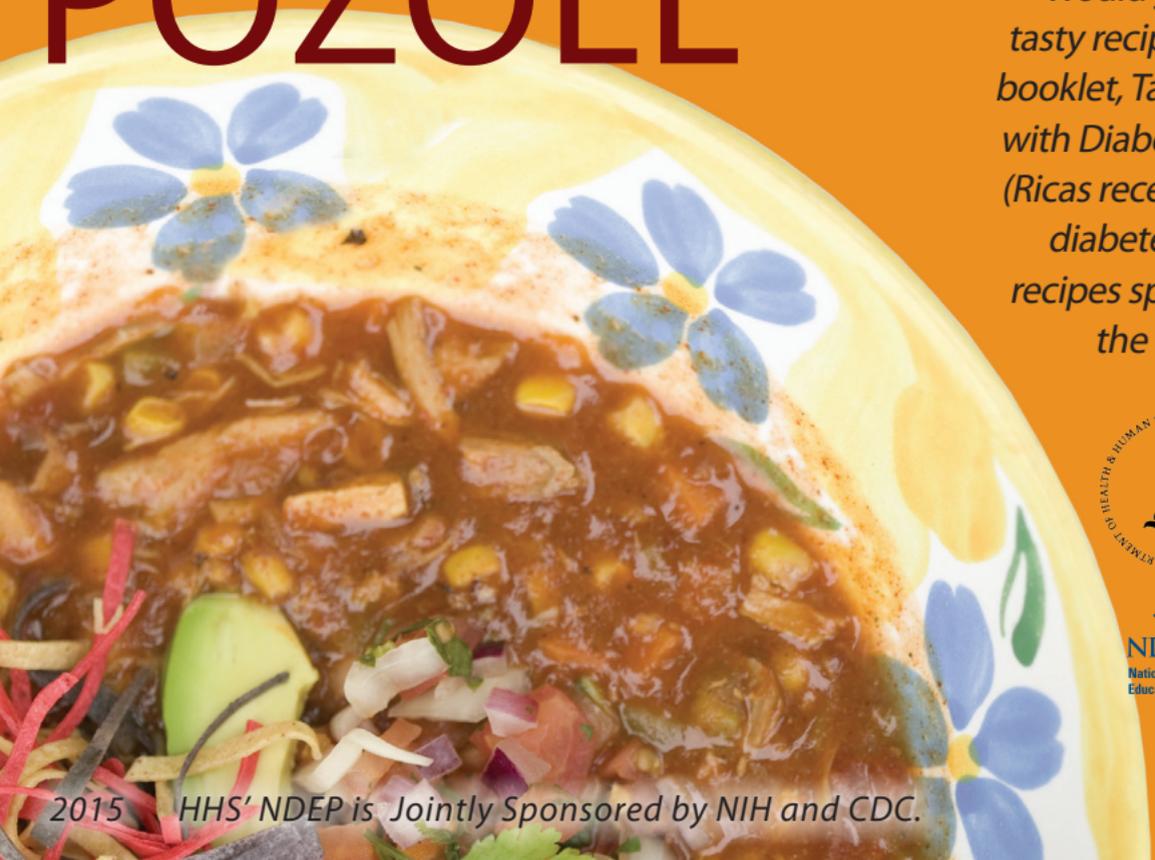


National Diabetes Education Program

# POZOLE

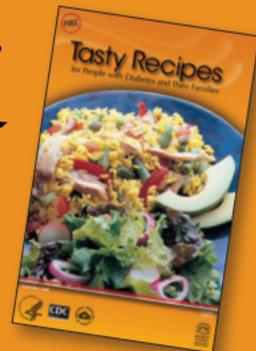


**It's more than food. It's Life.  
Más que comida, es vida.**

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.

<b>Exchanges:</b> Meat 3    Vegetables 1 Bread ½    Fat 1  <small>Note: Diabetic exchanges are calculated based on the American Diabetes Association Exchange System.</small>	Nutrition facts: Pozole Serving Size.....1 cup		Amount per serving Calories.....220    Calories from fat.....70	
	% Daily Value (DV)* Total Fat 7g.....11% Saturated Fat 2g.....10% Trans Fat 0g Cholesterol 70mg.....23%	Sodium 390mg.....16% Total Carbohydrate 17g.....6% Dietary Fiber 3g.....12% Sugars 5g Protein 21g	Vitamin A.....4% Vitamin C.....10% Calcium.....4% Iron.....15% <small>*Percent Daily Values are based on a 2,000 calorie diet.</small>	

Order or download copies of the Más que comida, es vida. materials and the recipe booklet at [www.cdc.gov/diabetes/ndep](http://www.cdc.gov/diabetes/ndep), or call 1-888-693-NDEP.