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 posole 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 posole, 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: 230Carbohydrate Content: 40 gFat Content: 7 gFiber Content: 4 gProtein Content: 4 gSodium Content: 690 mgSugar Content: 9 g