

## Recipe: Vegetarian Posole (Hominy Stew)

from The Radio Blog | <http://theradioblog.marthastewart.com/>

This recipe comes from Sandy Gluck, cohost of “Everyday Food.” It was her Meatless Monday recipe for Monday, February 7, 2011.

### Ingredients

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1 tablespoon olive oil  
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- 1 onion, diced (1 cup)  
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- 3 cloves garlic, thinly sliced  
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- 2 cups peeled and cut into 1-inch chunks butternut or other winter squash  
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- 1 red bell pepper, diced (1 1/2 cups)  
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- 1 jalapeno pepper, halved, seeded and thinly sliced  
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- 1 1/4 teaspoons ancho chile powder  
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- 3/4 teaspoon dried oregano  
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- 1/2 teaspoon smoked paprika  
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- 2 cans (15 ounces each) hominy, drained and rinsed  
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- 1 can (15 ounces) black beans, drained and rinsed or 1 3/4 cups cooked black beans  
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- 2 cups vegetable broth  
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- 1 cup canned plum tomatoes in puree  
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- Coarse salt  
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- 1/2 cup chopped cilantro  
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- 1 avocado, pitted, peeled and cut into wedges  
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- 1 lime, cut into wedges  
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### Directions

1. In a large skillet or saute pan, heat the oil over medium-low. Add the onion and garlic and cook, stirring occasionally until the onion is tender, about 7 minutes.
2. Add the squash, bell pepper, jalapeno, chile powder, oregano, and paprika and stir to combine. Add the hominy, black beans, broth, and tomatoes and bring to a boil. Season with salt.
3. Reduce to a simmer, cover and cook until the vegetables are tender and the flavors have blended, about 25 minutes. Top with cilantro and avocado and serve with lime wedges.

