

Recipes Using Canned Hominy



Neighbors, Inc., South St. Paul, MN, 55075

Cilantro Rice with Hominy

You will need:

1 (15.5 oz.) can white hominy 2 cups long grain white rice 2 tbsp. olive or other good oil
3 cups chicken broth 2 tbsp. butter salt and pepper to taste 2 - 4 tbsp. cilantro, chopped

Instructions:

- Pour rice into a sieve, run cold water over it. Drain well and set aside.
- Heat the oil in a saucepan over medium high heat. Add the rice and stir to coat the rice with oil.
- Add the broth to the rice, bring to a boil. Turn the heat down to a simmer and cover.
- Cook the rice about 15 - 18 minutes or according to the instructions on the package of rice.
- Remove from heat when rice is done and allow to sit, covered, about 15 minutes.
- Stir in the butter. Add the hominy, salt, and pepper. Add cilantro just before serving.
- Other chopped vegetables may be added. Serves approximately 10 as a side dish.

Pinto Bean and Hominy Salad

You will need:

1 (15.5 oz.) can white hominy 2 (15 oz.) cans pinto beans, drained $\frac{1}{4}$ red onion, diced
2 cloves garlic, minced 1 cup grape tomatoes, quartered $\frac{1}{2}$ cup cilantro, chopped
 $\frac{1}{2}$ small red bell pepper, seeded and diced 1 jalapeno, seeded & diced, optional 4 tbsp. olive oil
2 tbsp. freshly squeezed lime juice $\frac{1}{2}$ tsp. ground cumin $\frac{1}{4}$ tsp. smoked paprika
 $\frac{1}{2}$ cup Cotija, feta cheese, parmesan or cheese of choice, crumbled salt to taste

Instructions:

- In a large bowl, add the pinto beans, hominy, red onion, garlic, tomatoes, cilantro, red bell pepper, and jalapeno. Toss until well combined.
- Whisk together the lime juice, olive oil, cumin, and smoked paprika. Pour over the beans.
- Stir until evenly distributed. Stir in cheese. Add salt to taste.
- While you may serve it immediately, it tastes better if covered and chilled for at least one hour.

Beef and Hominy Casserole

You will need:

1 (15.5 oz.) can white hominy 1 lb. ground beef 2 medium onions, diced
1 tbsp. cornstarch 1 tsp. chili powder $\frac{1}{2}$ tsp. garlic powder
1 (15 oz.) can diced tomatoes with juices 4 oz. cheddar cheese, grated; about 1 cup $\frac{1}{4}$ tsp. salt

Instructions:

- Preheat oven to 350 degrees F. In a large skillet, cook the ground beef and onion over medium-high heat.
- Drain and return to skillet. Sprinkle in cornstarch, chili powder, garlic powder, and salt.
- Stir well. Add in the hominy and stir.
- Let simmer for 10 minutes, until most of the liquid has absorbed.
- Transfer to a casserole dish (like a 9-inch baking dish). If desired, sprinkle with grated cheese.
- Transfer to oven and bake for 30 minutes. Let sit for at least 4 minutes before serving.

Chicken Tortilla Soup with Hominy

You will need:

1 (15.5 oz.) can white hominy	1 large onion, diced	1 zucchini, diced
1 red pepper, seeded and diced	2 chipotle peppers in adobo sauce, minced	3 cloves garlic, minced
2 tbsp. cumin	1 (15 oz.) can fire roasted diced tomatoes	8 cups chicken broth
1 tbsp. smoked paprika	12 oz. cooked chicken breast, shredded	salt and pepper to taste
24 tortilla chips, lightly crushed	cilantro to serve	cooking spray

Instructions:

- Heat a large soup pot over medium heat and spray with cooking spray.
- Saute onion, zucchini, and red peppers until softened, 5 - 6 minutes.
- Add garlic, chipotle peppers, cumin, and smoked paprika. Cook another 2 minutes.
- Stir in chicken broth, diced tomatoes, hominy, and cooked chicken.
- Season with salt & pepper to taste. Bring soup to a boil then reduce heat to low. Simmer for 30 min.
- Garnish with crushed tortilla chips and fresh cilantro to serve.

Sweet Potato Vegan Posole

You will need:

1 (15.5 oz.) can white hominy	2 tbsp. olive oil	1 medium onion, diced
1 small sweet potato, peeled and diced (about two cups)	1 medium poblano pepper, seeded and diced	
3 cloves garlic, minced	3 cups vegetable broth	
1 (14 oz.) can pinto beans, drained and rinsed	1 (14 oz.) can fire roasted tomatoes	2 tsp. ground cumin
$\frac{1}{2}$ tsp. chipotle chile powder (or to taste)	salt and pepper to taste	lime wedges

Instructions:

- Coat the bottom of a large pot with olive oil and place it over medium heat.
- When the oil is hot, add the onion and poblano pepper.
- Saute for about 5 minutes, until onion is soft and translucent.
- Add the garlic and saute for about 1 more minute, until very fragrant.
- Stir in the broth, tomatoes, beans, hominy, cumin, oregano, chipotle chili powder, and sweet potato.
- Raise the heat and bring the broth to a simmer.
- Lower heat and allow to simmer, uncovered, until the sweet potato is tender, about 20 minutes.
- Remove from heat and season with salt and pepper to taste.
- Ladle into bowls and serve with cilantro and lime wedges.

Hominy Quesadillas

You will need:

1 (15.5 oz.) can white hominy, drained and rinsed	3 tbsp. olive oil	$\frac{1}{4}$ cup chopped onion
8 oz. Velveeta cheese or cheese of choice, sliced	$\frac{1}{4}$ cup chopped celery	$\frac{1}{2}$ cup chopped cilantro
1 (14.5 oz.) can Mexican Style Ro*Tel with cilantro and Lime Juice, drained		6 flour tortillas

Instructions:

- In a large skillet over medium-high heat add 1 tbsp. olive oil.
- Add onion and celery. Cook until translucent, about 5 minutes.
- Stir in hominy and Mexican Style Ro*Tel. Continue to cook for about another 3 minutes.
- Divide hominy mixture evenly between 3 tortillas. Wipe skillet clean with a damp cloth and keep warm.
- Return tortillas to skillet. Add cheese of choice and sprinkle with cilantro.
- Top with tortillas. Cook tortillas in a warm skillet until golden brown and cheese has melted.
- Add more oil if necessary. Cut into wedges and serve.