



# POTATO HOMINY SOUP



**Serves 8 Preparation time** 15 minutes **Cook time** 65 minutes

## Ingredients

- 1 pound ground bison
- 2 tablespoons chili powder
- 1 tablespoon California chili powder
- 1 tablespoon ground onion powder
- 1 tablespoon garlic powder
- 1 teaspoon ground cumin
- 3 tablespoon olive oil, divided
- 1 large onion, thinly sliced
- 3 cloves garlic, finally chopped
- 4 medium potatoes peeled and chopped
- 1 cup green chili, chopped
- 6 cups chicken broth
- 4 cups canned hominy, rinsed and drained
- Optional** 1/4 cup cilantro, chopped

## Nutrition Facts

8 servings per container

**Serving size** 1 bowl (431g)

**Amount Per Serving**

**Calories** 320

% Daily Value\*

**Total Fat** 15g 19%

Saturated Fat 3g 15%

*Trans* Fat 0g

**Cholesterol** 40mg 13%

**Sodium** 690mg 30%

**Total Carbohydrate** 29g 11%

Dietary Fiber 4g 14%

Total Sugars 3g

Includes 0g Added Sugars 0%

**Protein** 20g 40%

Not a significant source of vitamin D, calcium, iron, and potassium

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Directions

Heat 2 tablespoons of oil in a medium-sized pot. Sauté the onion and garlic for 3 minutes.

Add the cumin, stir well, then add the potatoes and green chilies.

Cook over medium heat, stirring occasionally, cook for another 5 minutes.

Simmer the soup, covered, over low heat for 45 minutes.

Heat oil in a large skillet, and cook the bison meat for about 12 minutes or until fully browned. Mix in the chili powder, California chili powder, ground onion powder, ground garlic powder and ground cumin.

Add the cooked bison to the soup 5 minutes before the soup is finished cooking.

Stir in the cilantro and serve hot.

Enjoy!