

Hominy Corn Soup

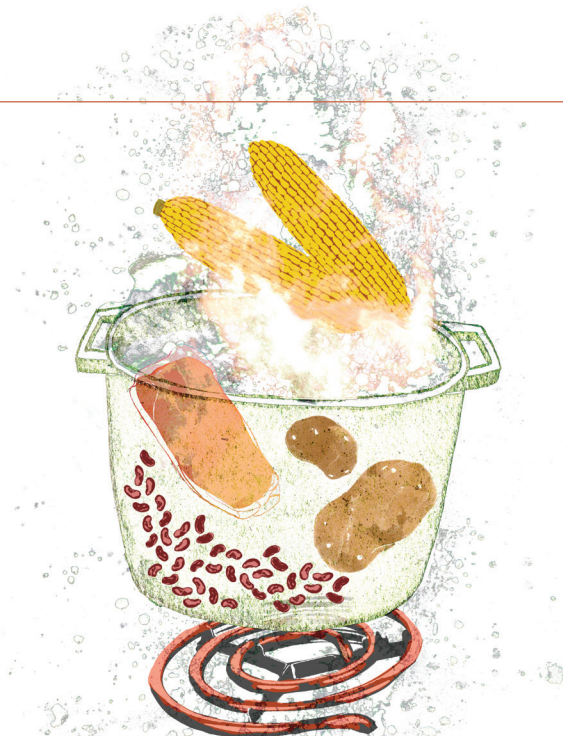
INGREDIENTS*

- 1 to 1½ pounds **pork loin chops**, cubed
- 4 - 15.5 oz. cans **hominy**, drained and rinsed
- 5 or 6 medium-sized **potatoes**, peeled and diced
- 2 or 3 - 15.5 oz. cans **kidney beans**, drained and rinsed
- Salt and pepper

Source: LTBB Odawak FDPIR and Community Health programs

*Ingredients in **bold** are available through the Tribal FDPIR program in your community.

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INSTRUCTIONS

1. Wash your hands before preparing food.
2. Place pork pieces in large pot with 1 ½ quarts of water. Add ½ teaspoon salt and simmer for about 1 hour.
3. Add the drained and rinsed hominy to pot. Continue to boil together gently for another hour.
4. In the meantime, boil the potatoes separately in a pan of salted water until just tender. Drain, and discard water. Cool potatoes to prevent from further cooking.
5. After 2 hours, add the potatoes and drained and rinsed kidney beans to cooking pot. Add additional 1 quart of water, or more to desired consistency. Reheat to boiling and serve with salt and pepper.

NOTES AND IDEAS:

- You may add more cans of hominy, if you prefer.
- If you use a fattier cut of pork, you may decide to remove and discard any excess fat from the meat and also skim the fat from the cooking water, before adding the hominy.

