

RANCHO GORDO[™] *Cooking*

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Bean and Vegetable Posole

This colorful posole recipe comes to us from our friends at [Native Seeds/SEARCH](#). Visit them online for rare and indigenous seeds, as well as for unique Southwestern and Northern Mexican products.

- 1 cup dried [Rancho Gordo White Posole \(prepared hominy\)](#)
 - 1 cup dried heirlooms beans such as [Pinto](#), [Eye of the Goat](#), [Lila](#), or [Moro](#)
 - 1 small onion, finely chopped
 - 2 cloves garlic, minced
 - 1½ tsp. [New Mexican Red Chile Powder](#)
 - 1½ tsp whole cumin seeds
 - ¾ tsp. [Mexican Oregano](#)
 - 1 T. olive or vegetable oil
 - 1 cup chopped tomatoes
 - 3 small calabacitas (small squash) or zucchini, sliced ¼" thick
 - 4 oz. fresh or frozen green beans
 - 1 T. vegetable bouillon
 - 2 T. chopped cilantro
 - Salt, to taste
1. Rinse and soak posole and beans, in separate bowls, for about 6 hours. Drain posole and discard water. Add posole to a pot, fill pot with fresh water, and place over medium heat. Bring to a simmer and cook until tender, about 2 hours. Drain. Meanwhile, pour beans and their soaking liquid into another pot and add more water if needed to cover beans by about 2 inches. Bring to a boil

and then reduce heat to a low simmer. Cook until tender, adding water as necessary (timing will vary depending on type of bean).

2. In 4 qt. pan, saute onion, garlic, chile powder, cumin seed and oregano in 1 T. oil for 7 minutes, until onion is soft. Add squash and tomatoes. Cook 5 minutes, stirring occasionally.
3. Stir in cooked beans and cooking liquid, posole, green beans and bouillon. Simmer 30 minutes, adding water if stew is too thick. Add cilantro and salt to taste. Serve with warm tortillas.