

# Posole

(Mexican meat and fresh cabbage soup)

Makes TWELVE 2-cup servings.

## Soup Ingredients

2 lbs pork shoulder, cut into 1" cubes \*\*  
 2 Tbsp. olive oil  
 5 cloves garlic  
 1 and 1/3 cup pearly barley (uncooked)  
 3 bay leaves  
 1 teaspoon ground cumin  
 2 Tbsp oregano  
 28-32 oz. red chile sauce  
 Salt to taste



## Garnishes

Half a small cabbage, thinly sliced  
 One bunch cilantro, chopped  
 1/2 white onion, chopped  
 A bunch of red radishes, sliced thin  
 4-5 Limes, quartered

## Directions

- Bring 5 quarts water to a boil in large stock pot or dutch oven
- Heat olive oil in skillet, add pork and garlic, sprinkle with salt, brown pork on all sides
- Add browned meat to pot of water, scrape skillet and add scrapings to pot
- Bring back to simmer, reduce heat and cook covered for 15 minutes
- Add red sauce, barley, bay leaves, cumin and oregano to pot.
- Bring back to simmer, lower heat and cook for about one hour, until barley is tender
- Salt to taste
- When ready to serve, put garnishes in bowls on table and let people add as desired to individual bowls of Posole

*\*\* Pork is high in fat. To reduce the calories and saturated fat in this recipe make it with beef or chicken.*

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Estimated  
 Glycemic Load

**10**

2 cup  
 serving

Nutrition Facts	
Serving Size 182 g	
Amount Per Serving	
Calories 306	Calories from Fat 164
% Daily Value*	
Total Fat 18g	28%
Saturated Fat 6g	29%
Trans Fat	
Cholesterol 54mg	18%
Sodium 74mg	3%
Total Carbohydrate 20g	7%
Dietary Fiber 4g	16%
Sugars 2g	
Protein 16g	