

Pozole rojo de hongo con maíz azul (Oyster Mushroom Blue Hominy Pozole)

Makes 6 servings

Ingredients with Glycemic Index (GI) Reference

Ingredient	Amount	GI
Blue hominy (<i>maíz azul pozolero</i>), cooked or canned	2 cups	40-45 (lower GI than white hominy)
Oyster mushrooms, shredded	2 cups	~10
Onion, diced	1 medium	~10
Garlic, minced	4 cloves	NA
Olive oil	2 tablespoons	0
Low-sodium vegetable broth	6 cups	NA
Dried guajillo chiles	3	~15
Oregano	1 teaspoon	NA
Bay leaf	1	NA
Toppings (very important for fiber balance): shredded cabbage, chopped cilantro, sliced radish, lime wedges, optional avocado (healthy fat)	-	~10-15

Instructions

1. Prep Chile Base

- Toast dried guajillo chiles lightly in a dry pan (20 seconds per side).
- Soak in hot water for 10 minutes, and then blend with garlic and ½ cup broth until smooth.

2. Build the Flavor

- Heat olive oil in a large pot.
- Sauté onion until golden.
- Add mushrooms and oregano. Cook until mushrooms caramelize to deep brown on the edges.

3. Add Broth and Hominy. Simmer Fully.

- Stir in remaining broth, blue hominy, bay leaf, and chile base.
- Simmer uncovered 40 to 45 minutes over low heat (stir occasionally).

4. Finish and Serve

- Remove bay leaf.
- Taste and adjust salt if needed (or use no salt for sodium-sensitive).
- Serve with **lots** of cabbage, radish, cilantro, and lime squeezed right before eating.

Recipe used with permission from Dr. Claudia Serrato.