

Eddie's Posole

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by Eddie Sell

Serves: 10-12
Prep Time: 30 minutes
Cook Time: 3 hours
Total Time: 3 hours & 30 minutes



Posole is a classic Mexican soup that is served on special occasions or when any excuse will do for this hearty one-pot meal which is truly a flavor explosion. Posole is a red chile-based soup that has a combination of meat, hominy, and other spices that are added to round out the delicious flavor. It is excellent for the firehouse or for a big family party.

Posole is traditionally garnished with thinly sliced cabbage, diced onion, chopped cilantro, sliced radishes, and lime wedges. Sour cream and/or Queso Fresco (Mexican cheese) are also nice additions. The Mexican home table typically has hot sauce or salsa to add additional heat to the soup. Posole can also be served with homemade or store-bought tostadas or tortilla chips.

4 tablespoons of canola or vegetable oil
Kosher salt & freshly cracked black pepper, to taste (season as you go; remember to always taste your food as you cook)
Pinch of crushed red pepper chili flakes
2 lbs beef stew meat, cut into bite-sized chunks
2 lbs pork stew meat, cut into bite-sized chunks
2 lbs boneless/skinless chicken thighs, cut into bite-sized chunks
2 teaspoons of granulated garlic
2 teaspoons of cumin
2 quarts of water
2 onions, diced - 1 for the soup & 1 for garnish
6-8 garlic cloves, chopped
1 Anaheim or Pasilla chile, seeded & diced
1 very large (6lb 15oz) can of hominy, drained
3 28oz cans of red chile sauce or red enchilada sauce
8 limes - 4 juiced for the soup, 4 cut into wedges
3 tablespoons of sugar
1/2 head of green cabbage, washed & thinly chopped
1 bunch of radishes, rinsed & sliced
1 bunch of cilantro, washed & chopped (no stems)

1. In a large stockpot (the biggest one you can find), heat the oil over med-high heat and add the beef and pork. Brown the meat for several minutes until meat has color to it stirring often to ensure that all sides brown evenly. Add salt, pepper & the chili flakes and stir.
2. Add the chicken, granulated garlic, cumin and stir.
3. Add the water; bring to a boil. Add 1 of the diced onions, garlic, Anaheim chile pepper and stir. Add additional salt and black pepper. Cover and reduce the heat to medium/low-med for 1 hour. (Watch out for boil over; lower the heat if necessary.)
4. After the first hour, add the hominy, red chile sauce, lime juice and sugar, and stirring well to incorporate all ingredients.

5. Cook for an additional 2 hours over low-med heat with the lid on, stirring occasionally; check seasoning towards the end, adjusting salt as needed.

6. Serve hot and garnish with the cabbage, cilantro, radishes, remaining onion, sour cream &/or queso fresco. Squeeze in fresh lime juice & add hot sauce to your spice nirvana. Serve tostadas or tortilla chips on the side.

