

# Hearty Mexican-style Braise

Yield: 4 min  
Total Time: 90 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-pork-belly-mexican-soup>

## Ingredients:

- 1 1/4 cups chickpeas tinned
- 1/2 white cabbage small
- 3 cups pork belly diced
- 1 cup hominy tinned
- 1/2 chicken small
- 8 cups water
- 1 onion chopped
- 1 chicken stock cube
- 2 bay leaves
- 1 garlic bulb separated into cloves
- 1/2 teaspoon ground cumin
- pepper
- salt
- 2 tablespoons tomato puree
- dried oregano
- chile crushed, to taste

## Nutrition:

1. Calories: 390 calories
2. Carbohydrate: 32 grams
3. Cholesterol: 125 milligrams
4. Fat: 8 grams
5. Fiber: 7 grams
6. Protein: 45 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 990 milligrams
9. Sugar: 3 grams

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