

Vegan Mexican Stew

Yield: 8 min
Total Time: 90 min

Recipe from: <https://www.recipeschoose.com/recipes/traditional-mexican-stew-recipe>

Ingredients:

- 5 potatoes medium, peeled and cubed
- 2 carrots chopped
- 1 stalk celery chopped
- 4 1/2 cups water
- 4 cubes vegetable bouillon
- 1 tablespoon olive oil
- 1 onion large, diced
- 4 cloves garlic minced
- 1 tablespoon chili powder
- 1 tablespoon cumin
- 1 1/2 tablespoons seasoned salt
- 29 ounces hominy drained
- 28 ounces diced tomatoes with green chile peppers
- pepper
- salt

Nutrition:

1. Calories: 240 calories
2. Carbohydrate: 47 grams
3. Fat: 3.5 grams
4. Fiber: 8 grams
5. Protein: 6 grams
6. Sodium: 380 milligrams
7. Sugar: 9 grams

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