



A TASTEFUL PLACE  
AT THE DALLAS ARBORETUM

## RECIPE

### Hero Vegetable: Garbanzo Beans

### Garbanzo Pozole Style Soup

**Ingredients:**

3-15oz cans garbanzo beans(chick peas), drained and rinsed

3 lb pork shoulder, cut into chunks

1 large onion, cut into thick segments

1 gallon of water

3 dried guajillo chiles

3 dried ancho chiles

4 cloves garlic

1 Tbs dried oregano

1 Tbs cumin

1 bunch cilantro plus extra for garnish

Salt to taste

Optional garnishes: shredded cabbage, lime wedges, diced onion, crumbled queso fresco

**Directions:**

Sprinkle pork with salt. You can remove any excess fat from the pork but don't remove it all, we need it for flavor. Heat the water and pork chunks in a large pot over high heat until it begins to boil. Let boil for 10 minutes then lower heat to medium, cover and cook for another hour. (You can replace some of the water for chicken or vegetable stock if you want added flavor) Skim any fat that rises to the top.

Remove the stems from the dried chiles and shake out the seeds. Add the onion, chiles, oregano, and cumin to the pot. Cook for another hour.

With a pair of tongs fish out the chiles and transfer them to a blender. Use some of the cooking water to puree the chiles. Return the pureed chiles to the pot. Tie the bunch of cilantro with twine and toss in the pot along with the garbanzo beans and garlic cloves. Add more salt to taste. Cook for another half hour.

Serve in individual bowls with garnishes.

\*Traditionally, the chiles are pureed with a few tablespoons of masa harina to thicken the soup slightly. I don't do this at all. I like the broth the way it is and it's my way of cutting out some of the unnecessary fat but certainly feel free to add the masa harina if that's your preference. Now, if you want a healthier alternative to thicken the soup, take a few spoonfuls of the garbanzo beans and puree them with the chiles. This will also work as a thickener.