



Heart & Home
Wellness Table Series



Ronald McDonald
House Charities®
Central Ohio

Hearty Hominy Stew

This flavorful twist on the Argentine stew locro comes together in one pot. Canned hominy is used as a quick alternative to the dry version traditionally used.

Active Time: 25 Mins | Total Time: 1 hour 25 mins | Servings: 4



NUTRITION NOTES

- Lean and protein-rich, **beef chuck** provides essential amino acids that support muscle repair and growth. It's also a valuable source of iron and B vitamins, including B12, which help boost energy, support nerve function, and aid red blood cell production.
- Naturally sweet and nutrient-dense, **butternut squash** is packed with beta-carotene, which the body converts to vitamin A to support healthy vision, immune function, and skin health.
- **Garlic** offers both bold flavor and heart-healthy compounds that may help reduce blood pressure, support cardiovascular function, and strengthen immune defenses.
- Fiber-rich and versatile, **white hominy** provides complex carbohydrates and essential minerals, supporting steady energy release, digestive health, and overall vitality.

Hearty Hominy Stew

Printing
Courtesy of:



INGREDIENTS

- 2 teaspoons (10 milliliters) olive oil
- 1 pound beef chuck, diced into bite-size pieces
- ¼ cup diced thick-cut bacon (about 2 slices)
- ½ cup chorizo or spicy sausage
- 1½ cups diced yellow onion
- 1½ tablespoons sliced garlic
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- ½ teaspoon ground nutmeg
- 2 bay leaves
- 1½ cups diced butternut squash
- 1½ cups diced sweet potato
- 1 14.5-ounce can undrained diced tomatoes
- 5 fluid ounces (150 milliliters) water
- 1 cup frozen corn
- 1 15.5-ounce can white hominy

Nutrition Profile: High-Protein | Gluten-Free | Dairy-Free | Soy-Free | Fiber-Rich | Low-Sugar | Whole-Food Ingredients

NUTRITION FACTS *(per serving)*

Servings Per Recipe: 6 | Serving Size: 3/4 cup | Calories: 368

- T3g total fat
- 4g saturated fat
- 62mg cholesterol
- 651mg sodium
- 39g carbohydrate
- 6g fiber
- 10g sugar
- 24g protein

INSTRUCTIONS

1. Heat oil in a large pot over medium-high heat. Add beef chuck and brown on all sides (about 3 to 4 minutes). Remove beef from pan and set aside. (Canned beef can be a substitute for ground chuck).
2. Return pot to stove, add bacon and chorizo and cook 3 to 4 minutes.
3. Add onions and garlic and sauté 3 to 4 minutes.
4. Add cumin, paprika, nutmeg and bay leaves, toss and cook 1 to 2 minutes.
5. Add squash and sweet potatoes and sauté 3 to 4 minutes.
6. Return beef to the pan and add tomatoes and water. Stir, bring to a boil and reduce to simmer for 50 minutes.
7. Add corn and continue to cook for 10 minutes.
8. Remove bay leaves.
9. Stir over medium heat and, using the back of a wide spoon, press ingredients against sides of the pot to break down starchy vegetables and tomatoes.
10. Continue to stir until liquid begins to thicken, about 3 to 4 minutes.
11. Pour hominy into a microwave-safe bowl and heat on high in the microwave for 3 to 4 minutes.
12. Drain heated hominy, add to the stew and stir to combine.
13. Heat for 10 minutes. Serve hot.

Helpful tip: Omit Chorizo or spicy sausage for reduction of fat & degree of spice

** Nutrition information is calculated by a registered dietitian using an ingredient database but should be considered an estimate. Recipe sourced from: www.eatright.org*