



Hominy is a starchy vegetable made from maize, or “field corn” kernels.

How To Use It

Canned hominy will not absorb the flavor of what you are cooking, keeping its own delicious flavor in soups, stews, and casseroles.

How To Store It

Store canned hominy in a cool, clean, dry place. Once opened, store in the refrigerator.

Why Eat It?

Hominy is high in fiber, which helps with digestion. It is naturally low in fat and contains carbohydrates, which give you energy.

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Summertime Hominy Saute

Makes 4 servings



Ingredients

- 1 tablespoon oil
- 1 bell pepper (any color), chopped
- ½ cup onion, chopped
- 2 garlic cloves, finely chopped
- ½ teaspoon cumin
- ½ teaspoon chili powder
- ½ teaspoon oregano
- 1 (15.5 ounce) can hominy, drained and rinsed
- 1 (10 ounce) package of corn, frozen (or 15 ounce can of corn, drained and rinsed)
- Salt and pepper to taste

Directions

Wash hands with soap and water.

1. Heat oil in skillet over medium heat.
2. Add peppers and onion.
3. Cook 2–3 minutes until soft.
4. Stir in the garlic, cumin, chili powder, and oregano.
5. Add in the hominy and corn.
6. Cover and cook until heated through, stirring occasionally.
7. Taste and add salt and pepper as needed.

