



Makes 9 cups
Preparation Time: 30 minutes
Cook Time: 30 minutes

INGREDIENTS:

1 cup chopped onion

6 cloves garlic, minced

4 cups low-sodium vegetable broth

2 15-oz. cans no-salt-added pinto beans, rinsed and drained (3 cups)

2 15-oz. cans golden and/or white hominy, rinsed and drained (3 cups)

1 cup chopped orange bell pepper

1 tablespoon mild or hot chili powder

2 teaspoon dried oregano, crushed

1 teaspoon ground cumin

¼ teaspoon freshly ground black pepper

½ cup chopped fresh cilantro, plus more for garnish

½ cup [Tofu Sour Cream](#)

1 avocado, halved, seeded, peeled, and chopped

¼ cup finely chopped red onion

Lime wedges

Pinto Bean and Hominy Soup

Hominy gives this Instant Pot soup (which you can also cook on the stovetop—see tip below) an unmistakable chewy texture and subtle corny flavor that pairs perfectly with Southwestern seasonings. The brothy base is enhanced with chili powder, cumin, oregano, and garlic to set the stage for hominy, pinto beans, and [bell pepper](#), which give this dish hunger-busting substance. A dollop of homemade Tofu Sour Cream adds a delicious tangy element to each serving, while creamy avocado and fresh cilantro round out the [Mexican-inspired](#) flavor profile. If you like it spicy, feel free to add a drizzle of your favorite hot sauce before slurping down this irresistible hominy soup!

Tips

Hominy: If you can't find the yellow hominy, then white hominy works just as well.

Stovetop instructions: In step 1, use a large pot and follow the directions as written. Simmer for about 20 minutes until it looks and tastes cooked. Stir in fresh cilantro and continue to step 3.

For more inspiration, check out these tasty ideas:

- [Vegan Taco Soup](#)
- [Sopa de Nopales](#)
- [Jackfruit Pozole Verde](#)
- [Toni Okamoto's Sopa de Fideo](#)

By Ellen Boeke

- 1 Set a 6-quart electric multicooker to sauté setting. Add onion and garlic. Cook 5 minutes, stirring occasionally and adding broth, 1 tablespoon at a time, as needed to prevent sticking. Add remaining broth and the next seven ingredients (through black pepper).
- 2 Lock lid in place; set pressure valve to sealing. Set cooker on high pressure to cook 2 minutes. Let stand to release pressure naturally (about 15 minutes). Carefully release any remaining pressure. Open lid carefully. Stir in cilantro.
- 3 Top servings with [Tofu Sour Cream](#), avocado, and red onion. Garnish with additional cilantro and serve with lime wedges.